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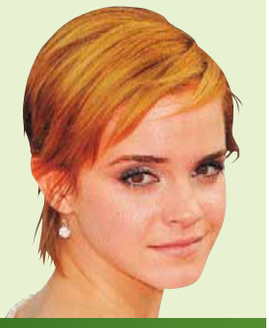
# GOOD KIDS

HARRY POTTER STARS AVOID CHILD ACTOR 'CURSE' {page 19}



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# 'Right now I am in pieces'

## Wife of officer killed in the line of duty receives standing ovation from mourners

The shattered widow of an Ontario police officer killed on duty fought to maintain her composure as she told thousands of mourners yesterday their young children were his greatest gift to her.

Standing in front of a hushed arena filled with more than 2,000 uniformed officers, family and friends, Melissa Styles read a letter to her beloved husband, Const. Garrett Styles.

"We always told each other, 'I love you to bits and pieces,' and that has never been more true," she said.

"Right now I am in pieces."

Relatives cradled the couple's 10-week-old son Nolan. Their two-and-a-half-year-old daughter Meredith was also among the 270 friends and family on hand for the service.

"The greatest gift you ever gave me was our two beautiful children," said Melissa, who fought back tears but did not break down.

She received a standing ovation from those in the 2,960-seat arena, while many others watched the proceedings on a large screen set up outside.

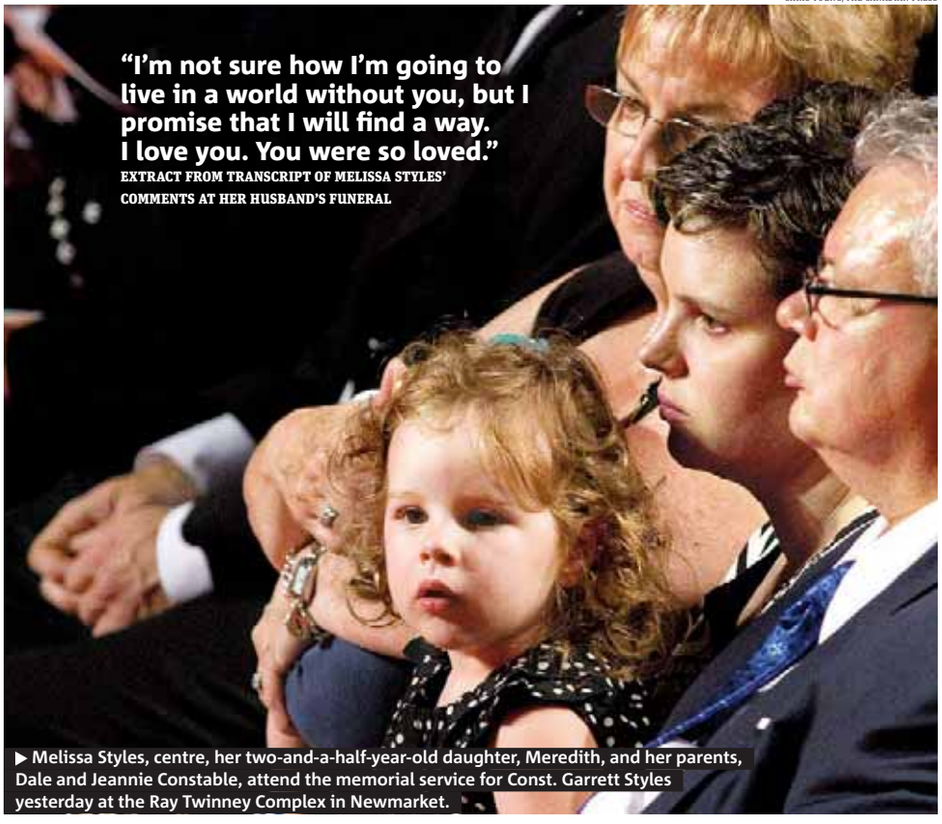
In his eulogy, Premier Dalton McGuinty spoke of how Styles' last radio call expressed concern about people in the van that was crushing him to death. "Not once, not twice, but three times, Const. Styles communicated his concern for the welfare of the occupants of the van," McGuinty said.

THE CANADIAN PRESS

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Officers from across North America take part in the funeral procession for Const. Garrett Styles on Yonge Street yesterday in Newmarket.

CHRIS YOUNG/THE CANADIAN PRESS



**"I'm not sure how I'm going to live in a world without you, but I promise that I will find a way. I love you. You were so loved."**
EXTRACT FROM TRANSCRIPT OF MELISSA STYLES' COMMENTS AT HER HUSBAND'S FUNERAL

▶ Melissa Styles, centre, her two-and-a-half-year-old daughter, Meredith, and her parents, Dale and Jeannie Constable, attend the memorial service for Const. Garrett Styles yesterday at the Ray Twinney Complex in Newmarket.

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# Custody dispute behind Whitby shooting?

A child custody dispute may have been a factor in a Whitby shooting Monday in which a young man was killed and a 13-month-old baby girl injured.

Andre Hogg, 22, of Whitby has been identified as the dead man and an autopsy was to be performed today.

A young woman cradling her wounded baby ran from the home Monday along with her mother, two brothers and a visiting teen before Durham Region police arrived at about 5 p.m.

The baby was taken to the Toronto Hospital for Sick Children, where she is being treated for a non-life-threatening injury and is in stable condition.

"She apparently sustained at least one gunshot wound," said SIU spokesperson Jasbir Brar.

Although Durham police said their officers fired no shots, the SIU is mandated to investigate the circumstances surrounding the death, which occurred during a police call.

A family friend said the injured baby's mother and father had been involved in a custody dispute and the father had been issued a restraining order.

TORSTAR NEWS SERVICE

HENRY STANCU/TORSTAR NEWS SERVICE

▶ A Clune Place home in Whitby is guarded as a crime scene by police.

# Toronto collecting hoarding info

## Several other Canadian, U.S. cities have coalitions to deal with clutter

It's a scene that's becoming increasingly common across North American cities: Inside the homes of compulsive hoarders, piles of paper are stacked perilously high, and mountains of clutter make it difficult to move around.

As in other cities, Toronto officials are turning their attention to hoarding — a mental health concern and safety issue — in hopes of preventing a fire similar to the one at 200 Wellesley St. on Sept. 24, 2010.

According to the long-awaited report released yesterday by the Ontario Fire Marshal, the blaze started on the balcony of a suspected hoarder. Firefighters discovered 15 units where hoarding was a problem.

No one died in the fire, but it became obvious that Toronto needed to tackle hoarding, which affects up to five per cent of the population.

In a directive effective April 1, the city's municipal licensing and standards branch, which inspects homes and highrises, says inspectors who encounter people living in "excessive clutter" must contact Toronto public health. The directive is part of a broader MLS policy for dealing with vulnerable adults.

The Wellesley Street fire accelerated discussions and prompted officials to study responses in other cities, said Lance Cumberbatch, who chairs a Toronto team on the challenges facing vulnerable tenants.

TORSTAR NEWS SERVICE

### High costs

- The costs associated with hoarding, which mental health experts are still coming to understand, can be high: Eviction, broken families, homelessness, infestations, depression, isolation, anxiety and fires.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Stephen Vassilev is seen in his new apartment on Dufferin near Dundas. He is a suspected hoarder who lived in a unit at 200 Wellesley St., where a huge fire occurred last year. It was determined that a cigarette landed on his balcony and set fire to his jammed apartment.

# Widow was scammed, court hears

Two weeks after the death of her husband, a Second World War veteran living at Sunnybrook Health Sciences Centre, Frances Mason, received a call from a "Linda" offering to help.

"She said she was a social worker from Sunnybrook and she would like to follow up and see how I was," Mason, 82, testified yesterday at the fraud trial of Carol Williams, 47.

When Linda visited her home Dec. 11, 2009, Mason was told she was entitled to taxi service and dental care. Linda asked to look at Mason's health and credit cards and her husband's death certificate.

Two days later, Mason went to use her credit card and found it was missing. It turned out there was more than $2,000 worth of unknown charges on the card.

Williams has pleaded not guilty to 54 charges, including fraud and theft, involving more than 10 victims, ages 81 to 96.

TORSTAR NEWS SERVICE

PETER SMALL/TORSTAR NEWS SERVICE

▶ Frances Mason

## News in brief

### The Onion plans foray into city

**MEDIA.** The freebie print version of the satirical website The Onion is coming to Toronto.

The Toronto Star announced yesterday that it is partnering with The Onion to print and distribute the weekly paper starting in the fall.

Onion, Inc., president Steve Hannah says Toronto "has long been one of the top-10 cities for The Onion's online audience."

"I think it's the perfect place for The Onion and A.V. Club to make their first foray outside the United States," Hannah said in a statement.

The paper will also include pop culture content from the A.V. Club and local stories. An editor will be hired to source Toronto-specific copy from freelancers. THE CANADIAN PRESS

1 news

One candidate left in town's mayoral race after two killed and another charged in their deaths. Scan code for story.

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**Thousands gather to honour the memory of a slain Ontario police officer. Video at metronews.ca**

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# Do you have any singles? Go fish!

COURTESY CHLOË WHITEHORN

▶ The cast of Love, Virtually will bring the characters of the rom-com to life July 6-17 on the Tarragon Theatre mainstage during the Fringe Festival.

## Love, Virtually, a play exploring online dating, performs at Fringe fest

PHOEBE HO
TORONTO@METRONEWS.CA

Online dating is like fishing and your profile is the bait. You throw your profile out into the massive ocean called the Internet and wait for someone to take your bait.

That's the way Cat Ratusny, producer of the play Love, Virtually, describes it.

Love, Virtually delves into the ins and outs of online dating with a comedic spin.

"I would definitely call it rom-com or sentimental comedy, because there's a poignant love story but also a lot of burst-out-laughing moments," she said. "It's a little bit Sex And The City in a coffee shop."

The coffee shop is the setting where all the drama and comedy takes place. To extend the set onstage throughout the entire theatre, early-comers will get a free coffee so they can watch the show as if they're sitting in a café witnessing these blind dates.

"We wanted to create a fun environment and just connect," said Ratusny.

But why does it take place in a coffee shop?

"If you don't connect with the person, you haven't invested that much time or money," said Chloë Whitehorn, the playwright.

### Online dating

**Chloë Whitehorn based the play on research and interviews she conducted online and with friends who have been dating on the Internet for years.**

- Despite the many misleading photos and information people include in their profiles, and the "characters" that are out there, Whitehorn says online dating opens up a whole new world of possibilities for singletons in the city.
- "If you work in different fields or live in different neighbourhoods, you could potentially never cross paths with your soulmate."

# Junior parade moves judges

Makayla Browning didn't want to stop dancing.

The sequined three-year-old continued to wave her green flags at passersby even as other masqueraders were packing up their headpieces at Yorkgate Mall.

She is one of a few dozen who performed at a pre-Junior Carnival Parade event, and one of the more outgoing dancers. Festival organizers are altering the parade route to help those less performance inclined.

In previous years, masqueraders performed their judged routines on Shoreham Drive, near the start of the parade route, Toronto Caribbean Carnival logistics co-ordinator Eric Delfish said.

"Some of them got nervous," he said.

The judging tent is being moved to Jane Street this year. By the time the kids get to the tent, which will be near the midway point of the two-kilometre route, Delfish hopes they will have gotten over any jitters.

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ADRIEN VECZAN/THE CANADIAN PRESS

▶ A reveller at Caribana last summer.

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# On-street permits available online

**Can be purchased at a cost of $8 for 24 hours, $12 for 48 hours or $20 for a seven-day permit, plus tax**

Toronto's residential side streets are about to become the city's new Green P lots.

Drivers can now purchase 24- and 48-hour temporary on-street parking permits in residential neighbourhoods for the first time, the city announced Monday.

Previously, the only option available for someone who parked temporarily on a residential street outside of the allotted hours was a one-week parking permit for $20 — which is still available — or the other less popular option: A $30 parking ticket.

"The fact is, in the areas where there is permit parking, which is generally downtown, the ticketing is unbelievable," said Ward 30 Coun. Paula Fletcher (Toronto Danforth).

"Downtown is a cash cow for tickets for the City of Toronto. If this helps people pay $8 instead of $30 or $40, I think that's a good thing."

Fletcher initiated the permit changes after residents complained about the lack of flexibility.

"We just heard a lot of people coming in where their mother was coming to help with the baby or someone was coming to town for the weekend or someone just wanted to stay the night and it really becomes very frustrating and upsetting," Fletcher said.

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## Getting a permit

- **Licence plate** Permit applicants have to enter their name, the address they are visiting and the licence plate of their car online. They also need to be able to print the permit, which must be displayed on the car's dashboard.
- **On-street parking** If most of the on-street parking has already been allotted to residents, then the site will tell the applicant the permits are not available.

*Permits online at: https://secure.toronto.ca/wes/eTPP*

**Beauty.** And brawn

▶ Krista Ford, daughter of Coun. Doug Ford and niece of Toronto Mayor Rob Ford, has made the cut with the Toronto Triumph, the new team in the Lingerie Football League.

CARLOS OSORIO/TORSTAR NEWS SERVICE

## Mayor's niece makes cut for lingerie football

**Krista Ford, niece of Toronto Mayor Rob Ford, says she is excited about having made the cut with the Toronto Triumph and is ready to lace up and "tackle the crap out of people." Since getting the call, Ford says she has been working out hard, training at least a couple of times a day in addition to two weekly team practices. The mix of beauty and brawn is what made her stand out over 100 hopefuls, according to one of her coaches.**

# Residents not surprised by what caused fire

Ten months after a fire erupted on a junk-filled balcony and tore through a 30-storey Wellesley Street apartment building, resident Joe Fournier can still see stoops piled high with tires, cardboard boxes and stacks of newspapers.

Jenny Groulx still frequently finds bottle caps and cigarette butts that have rained down onto her sixth-floor balcony.

Mary Kent recently called property management to report an old mattress jutting off a balcony of the 711-unit tower.

All three were left homeless by last year's fire at 200 Wellesley St. E. None are surprised the Ontario Fire Marshal determined a discarded cigarette on a crowded 24th-floor balcony started the blaze.

"The fire was in September and they still haven't done a damn thing," Fournier said.

"From my balcony, I can still see stuff on other balconies — floor to ceiling and wall to wall."

Firefighters discovered at least 20 units in the building with excessive clutter after the fire.

Toronto Community Housing, the building's owner, said annual inspections are done to ensure apartments and their balconies comply with fire regulations.

"We are taking action to address this phenomenon that is, by all accounts, extremely complex," said spokesperson Jeff Ferrier.

Residents found with excess clutter are referred to caseworkers who help them improve their living spaces — and those who don't are evicted, Ferrier added.

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CHLOE FEDIO/TORSTAR NEWS SERVICE

▶ Joe Fournier says some residents still hoard flammable junk on the balconies of the 200 Wellesley St. building.

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# Out of Kandahar's killing fields

## War claimed lives of 157 soldiers, one diplomat and one journalist

Canada's desert war effectively came to an end yesterday when soldiers of the Royal 22e Regiment formally handed over their battlefield to American units and began to take stock of years of bloody combat.

The country's legal command responsibility for the western Kandahar district of Panjwaii will continue for several days, but Brig.-Gen. Dean Milner's headquarters will be directing U.S. combat units.

Almost all Canadian troops are now out of the killing fields of Kandahar, save for a handful of soldiers who will serve for perhaps a few more weeks, attached to American platoons.

For more than five years, Canada has made war in the wasted farmland and dust-choked villages of this brutal, backward country.

**"The lawyers will ... say you can't call it war, but that it's an armed conflict. For the young soldiers, sailors, airmen ... it feels like war because someone is shooting at them."**
**GEN. WALT NATYNCZYK, THE CHIEF OF DEFENCE STAFF**

Yet, rarely did those in authority use the "W" word to describe what happened.

Politicians, diplomats and bureaucrats routinely shied away from describing it in comfortless terms, especially in the beginning when former defence minister Gordon O'Connor was chided for refusing to say the word "war."

Parliament ordered an end to the Canadian combat mission in southern Afghanistan in 2008, setting July 2011 as the deadline.

The Conservative government has since announced that 950 soldiers and support staff will carry out a training mission in Kabul until 2014.

The transfer of battle group command took place at Ma'sum Ghar, the crusted, petrified volcanic mountain soaked in Canadian blood, much of it shed at the onset of Canada's fight in 2006.

**THE CANADIAN PRESS**

MURRAY BREWSTER/THE CANADIAN PRESS

▶ Canadian Lt.-Col. Michel-Henri St-Louis says goodbye to Panjwaii district governor Haji Fazluddin Agha yesterday. Canada's battle group officially handed over its responsibilities to a U.S. Army unit in Panjwaii district — effectively ending its combat mission in Kandahar.

### Songs for heroes

**After penning the patriotic ode Highway Of Heroes, Bob Reid, pictured below, travelled to Kandahar to witness the efforts of Canadian soldiers.**

- **Inspiring.** The experience was inspiring, prompting him to write his new song, Soldier, Welcome Home, now available on iTunes and as a CD single.
- **Charity.** A portion of proceeds is being directed to the Wounded Warriors charity.

# Jury finds Anthony not guilty in child's murder

A case that became a U.S. sensation on TV ended with Casey Anthony's acquittal yesterday of murdering her two-year-old daughter in what prosecutors portrayed as a cold-blooded attempt to free herself to party and be with her boyfriend.

After a trial of a month and a half, the jury took less than 11 hours to find Anthony not guilty of first-degree murder, aggravated manslaughter and aggravated child abuse. She was convicted of four counts of lying to investigators who were looking into the June 2008 disappearance of her daughter, Caylee.

Tears welled in Anthony's eyes, her face reddened, her lips trembled, and she began breathing heavily as she listened to the verdict. Anthony, 25, could have received the death penalty if convicted of murder.

Many in the crowd of about 500 people outside the courthouse reacted with anger after the verdict was read, chanting, "Justice for Caylee!" One man yelled, "Baby killer!"

Given the relative speed with which the jury came back with a verdict, many court watchers were expecting Anthony to be convicted in the killing, and they were stunned by the outcome.

Sentencing was set for tomorrow. Anthony could get up to a year in jail on each count of lying to investigators.

**THE ASSOCIATED PRESS**

JOE BURBANK/GETTY IMAGES

▶ Casey Anthony reacts yesterday after hearing she was acquitted of murder in Orlando, Fla.

### Party mom

**In closing arguments, prosecutor Linda Drane Burdick showed the jury two side-by-side images.**

- One showed Anthony smiling and partying in a nightclub during the first month Caylee was missing.
- The other was the tattoo of Italian words for "beautiful life" she got a day before police learned of the child's disappearance.

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# Will held scoreless in northern shinny

**Prince had three clear shots Goalie made two saves, William missed net on third try Royal couple given jerseys emblazoned with Maple Leaf**

Prince William's courtship of Canada was taken up a notch yesterday when he picked up a stick and tried his hand at the street version of the country's favourite pastime.

The man second in line to the throne was allowed three shots in an organized shinny game with young people, but couldn't dent the twine. His wife Kate didn't play, but she did drop the ball in a ceremonial faceoff.

William delighted the crowd of thousands earlier in the day when he said the North defines Canada.

"It's great to be north of 60," he said, referring to the line of latitude marking the southern boundary of the Northwest Territories.

**"I tried giving him one ... but it hit my stick instead and I wound up saving it. He looked like he knew what he was doing ... seemed like he had a natural talent if he practised more."**

**CALVIN LOMEN, 20, FROM FORT LIARD, N.W.T.**

"This place is what Canada is all about — vast, open beauty, tough, resilient, friendly peoples, true nature, true humanity," the prince said.

The crowd roared its approval as he concluded his remarks with a thank you in Dene and the western Inuit language Inuvialuktun.

The royal couple had a full itinerary in the territory — the northernmost leg of their Canadian tour. William started the day wearing a dark suit with a lighter shirt and tie, while Kate wore a cream-coloured linen dress by Danish designer Malene Birger.

They watched aboriginal dancers in fur-trimmed parkas perform to the rhythmic beat of native drums. The royals then walked along the barriers holding the crowd back, the sound of drums still filling the air. They stopped along the way to shake hands and chat as some spectators jostled for a key spot.

William and Kate watched with interest as the traditional sport of high kick was demonstrated. It involves a player jumping high into the air and kicking a ball on a rope well above head level.

But it was the shinny game that many had highlighted on their agendas.

**THE CANADIAN PRESS**

▶ The Duchess of Cambridge drops the ball during a game of ball hockey yesterday in Yellowknife.

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NATHAN DENETTE/THE CANADIAN PRESS

# Royal tour adds visit to Slave Lake today

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Royal couple in Yellowknife.

Royal officials say Prince William and Kate have been following the natural disasters that have struck several provinces for quite some time and want to visit the northern Alberta town ravaged by a wildfire.

More than 400 homes and businesses were destroyed in Slave Lake in May by a wind-whipped forest fire.

And thousands have been forced from their homes by floods across the country.

"Their Royal Highnesses have been following the tragic events in ... Quebec, Manitoba, Saskatchewan and Alberta for several months," Kevin MacLeod, Canadian secretary to the Queen, said after the side trip to Slave Lake was confirmed yesterday in Yellowknife.

The royal couple were in the Northwest Territories as part of their nine-day tour when the surprise announcement was made.

"In his Canada Day address on Parliament Hill, (William) made specific reference to his desire and hope that those lives would get back on track and that life will continue."

MacLeod said it made sense to stop in Slave Lake because it is on the flight path to Calgary from Yellowknife.

The plan is to leave Yellowknife this morning and fly to the town, about 280 kilometres north of Edmonton, where the royals are to mingle with residents for about two hours.

THE CANADIAN PRESS

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RICARDO ARDUENGO/THE ASSOCIATED PRESS

▶ Nik Wallenda performs recently with his mother, Delilah, in San Juan, Puerto Rico.

# One step closer to tightrope walk

## Niagara mayor, New York state legislature back plan for wire walk over gorge — the first since 1910

The mayor of Niagara Falls, Ont., has become the first Canadian official to publicly support an attempt by daredevil Nik Wallenda to cross Niagara Falls on a wire, a newspaper reported yesterday.

Mayor James Diodati wrote to New York state Sen. George Maziarz to say he supports the high-wire stunt because it would draw people to the area, The Buffalo News reported.

Maziarz co-sponsored legislation to allow the first wire walk across the falls since 1910. The measure, which was approved by the New York state legislature last month but not yet sent to Gov. Andrew Cuomo, directs the state parks agency to write rules and regulations specifically for Wallenda's walk across the Niagara River Gorge.

In his letter to Maziarz last week, Diodati wrote: "Bringing an act of such exceptional quality and stellar reputation as the Wallendas to Niagara Falls would be a great highlight for our city."

Niagara Falls, N.Y., Mayor Paul Dyster and tourism officials on the U.S. side of the border support the stunt, but Dyster has said his economically struggling city needs to take into account concerns the event could be perceived as a "sideshow" to the falls.

If Cuomo signs the bill into law, Wallenda would still need permission from Canadian officials if he is to end the walk in an area overseen by the Niagara Parks Commission.

THE ASSOCIATED PRESS

### 7th generation

**Nik Wallenda, 32, a seventh-generation member of the "Flying Wallendas," has said it has been his dream to walk a tightrope across Niagara Falls.**

▶ "I almost tear up thinking about being out in the middle of that and what it's going to look like," he said.

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REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

▶ French novelist Tristane Banon leaves her lawyer's office yesterday in Paris. Banon has filed a criminal complaint accusing Dominique Strauss-Kahn of attempted rape, her lawyer said.

# More scandal for ex-IMF chief

## ◗ French author makes allegations of sex assault ◗ Strass-Kahn free on bail in New York, already charged with attempted rape and other crimes

A young author filed a sex assault complaint against former International Monetary Fund chief Dominique Strauss-Kahn yesterday, opening a new episode in the legal woes of a man once seen as a top contender for the presidency of France. The lawyer for Tristane Banon, 31, told The Associated Press that he had filed a formal complaint by mail asking prosecutors to open an investigation into the allegations.

Strauss-Kahn's allies in the opposition Socialist Party say Banon is part of a conspiracy to undermine the 62-year-old former IMF chief.

THE ASSOCIATED PRESS

# Maid in sex assault case files libel lawsuit

The New York City hotel maid at the centre of the Dominique Strauss-Kahn sex assault case has filed a libel lawsuit against the New York Post after it called her a prostitute.

The woman's lawyer, Kenneth Thompson, filed the claim yesterday in Bronx state Supreme Court. A series of Post articles over the weekend said the 32-year-old was a "prostitute," and a "hooker" and that she "traded sex for money."

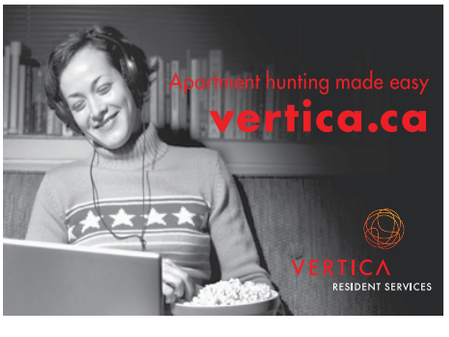
The lawsuit says the statements are false.

A spokeswoman for the Post said the newspaper stands by its reporting.

Strauss-Kahn was released without bail after prosecutors said new information about the woman's life had forced them to reconsider the case.

They say she lied about details surrounding how she came to the U.S.

THE ASSOCIATED PRESS




An Important Notice for
**Adult Ontarians Living with Diabetes**

Living with diabetes is not easy, but managing it day-to-day really means taking good care of yourself.

There are three key tests that people living with diabetes should receive on a regular basis. They are:

- the **HbA1C blood glucose control test**, which patients should receive at least every six months
- the **LDL-C cholesterol test**, which patients should receive every year
- a **retinal eye exam**, which patients should receive every two years

The Diabetes Testing Report was created to help inform your primary care provider (physician or nurse practitioner in a Nurse Practitioner-Led Clinic) of when you last had each of these three tests.

People living with diabetes who are tested regularly are better able to manage their diabetes and avoid complications. The Diabetes Testing Report will help you and your primary care provider better manage your diabetes care by reminding him or her if you are overdue for an HbA1C test, LDL-C test or retinal eye exam, and it will encourage you and your primary care provider to talk about your diabetes care.

### Protecting Your Privacy

In order to create the Diabetes Testing Report, your primary care provider may share personal health information, including your name, OHIP number, and date of birth, with the Ministry of Health and Long-Term Care (MOHLTC). He or she will also confirm whether you have diabetes. In response, the MOHLTC will share the most recent dates of each of the three tests with your provider. Your privacy is important, and you are not required to have your information included in this report.

### Deciding Not to Share Your Information

You may decide that you do not want your primary care provider to disclose your information to the MOHLTC, and that you do not wish to be included in your provider's Diabetes Testing Reports. If you choose to withhold or withdraw your consent, this will in no way affect your relationship with your health care provider and he or she will continue to provide care to you.

If you wish to withhold or withdraw your consent to having your information disclosed by your primary care provider and in any Diabetes Testing Reports that MOHLTC sends to your primary care provider, call **1-800-291-1405 (TTY: 1-800-387-5559)**. If you have previously withheld or withdrawn your consent to have your information included on the Diabetes Testing Report, you do not need to withhold or withdraw your consent again. If you wish to reinstate your consent, you can do so by calling the number above.

In Ontario, the Personal Health Information Protection Act, 2004 (PHIPA) is the legislation that governs the collection, use, retention, and disclosure of personal health information by health information custodians, including MOHLTC and primary care providers. For more information about the collection, use, and disclosure of your personal health information for the purposes of the Diabetes Testing Report, call the numbers listed above. For more information about diabetes, visit **ontario.ca/diabetes**.

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# Hacking into slain girl's phone shocks Britons

**Pressure mounts on paper's editor to quit ◗ Ford UK pulls ads ◗ Other advertisers also considering boycott**

Britain's voracious tabloids may have hit a new low: The News Of The World was facing claims yesterday that it hacked into a missing 13-year-old's phone messages, possibly hampering a police inquiry into her abduction and murder.

Britons are used to seeing their press harass royals, sports stars and celebrities. Yet the hacking case involving 13-year-old Milly Dowler has horrified everyone, from British Prime Minister David Cameron to movie stars like Hugh Grant, to people who commented on Twitter.

The case has refocused the spotlight on the already tainted News Of The World, part of Rupert Murdoch's global media empire at News Corp. It also comes as Murdoch is trying to engineer the politically sensitive, multibillion-pound takeover of broadcaster BSkyB in Britain.

CONTRIBUTED-SURREY POLICE/THE ASSOCIATED PRESS

▶ Milly Dowler

Dowler's abduction in 2002 while walking home from school in Surrey, south of London, transfixed Britain until her decomposing body was found six months later in the woods. Serial killer Levi Bellfield was convicted of Milly's slaying two weeks ago.

But while police were pursuing all leads and Milly's parents were making dramatic appeals for any tidbit of information that could be useful, a private investigator working for the News Of The World tabloid allegedly hacked into her cellphone, listened to her messages, and even deleted some to make room for possible new ones.

There were signs of a developing boycott of the tabloid. Grocery chain Tesco and Virgin Media said they are considering withdrawing ads.

THE ASSOCIATED PRESS

## Market moment

PRICES AS OF 5 P.M. YESTERDAY

| TSX | Dollar |
|---|---|
| + 38.81 (13,425.30) | – 0.26¢ (103.82¢ US) |
| **Oil** | **Natural gas** |
| + $1.95 US ($96.89 US) | 1,000 cu ft $4.363 (+ 5.2¢) |
| | Gold contracts $1,512.70 (+ $30.10) |

## $545M boost for auto plants

Two Toyota plants in Ontario will receive $545 million from the automaker and the federal and provincial governments to give the aging facilities a green makeover. Ontario will provide a $70.8-million grant and Ottawa will match that in the form of a repayable loan.

THE CANADIAN PRESS

# LETTING IT ALL HANG OUT IN COURT

## JUST SAYIN' ...

PAUL SULLIVAN
METRO

If you go out in the woods today, you could be in for a big surprise. You could see some bares.

That has already occurred in Ontario's cottage country, where a Bracebridge man is in court arguing it's OK to go for a walk in the park or turn up at the A&W drive-thru without any clothes on.

Brian Coldin, whose very name induces shrinkage, is a self-declared Christian naturist. He believes the section of the Criminal Code governing nudity violates the constitution. And he has some high-priced legal talent on his side, including the fully and handsomely attired Clayton Ruby.

My favourite moment in the trial to date came when the fast-food clerk who took Coldin's order was driven to tears as she testified she could see his genitals during the incident. It's simply something they don't tell you at Burger University. ("Be sure to ask if he wants fries with that.")

**"But they're asking the wrong people. Whose rights are really in peril here? People who want to ride the bus naked? Or the rest of us who will be forced to bare witness to their folly?"**

This is not the first time Naked Man has been in trouble with the law — he says he has been picked up by the (long-suffering) police more than 200 times. And he still doesn't have the sense to cover himself. He thinks the police are trying to prevent him from practising his Christian naturist beliefs. I thought Christ was a scientist, not a nudist. I must be confused.

While section 174 of the Criminal Code could probably use an overhaul — theoretically, if you get caught coming out of the shower in your own home after forgetting to pull the curtains, you could get busted — imagine if Coldin wins and every Tom, er, Dick and Harry who wants to let it all hang out can and does.

It's not a pretty picture. You can bet that most people compelled to make a spectacle of themselves will be near-sighted. Really good-looking people are rarely inclined to take it all off at the A&W. Probably because it might cause nearby Christian naturists to join in the fun.

Of course, Naked Man enjoys the support of the president of the Federation of Canadian Naturists, who points out that casual nudity should not be in the same league as "theft, robbery, assault and murder." Well, maybe not murder.

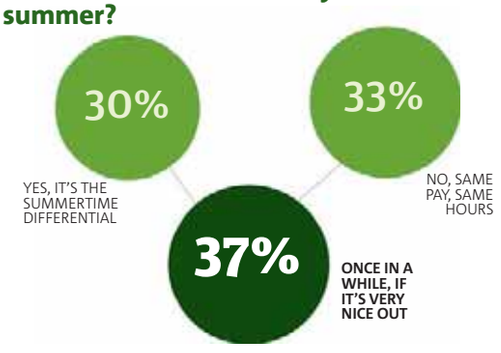
But they're asking the wrong people. Whose rights are really in peril here? People who want to ride the bus naked? Or the rest of us who will be forced to bare witness to their folly?

Stand up and be counted. And just make sure your pants stand up along with you.

*Read more of Paul Sullivan's columns at metronews.ca/justsaying*

**metro life panel** **Register at metrolifepanel.ca and take the quick poll**

### Is it OK to leave work early in the summer?




## Local tweets

- **@hylaride:** W00T! Print edition of the Onion coming to Toronto this Fall!
- **@thedanield:** Things #Bieber trumps: child murder, Toronto Pride funding, The Onion coming to Canada.
- **@npsteve:** So TorStar is distributing @TheGridTO AND The Onion but won't respond to my emails to turn Harlequin excerpts into a weekly free paper.
- **@pdonelson:** Area man is pleased by this news.
- **@saragrim:** Attn Twitter: An Ontario officer was just laid to rest and Casey Anthony found not guilty. So, no, I don't care what Kate Middleton has on.
- **@john_ore:** If Will & Kate's visit were set in Game of Thrones: Joffrey would have ordered that goalie executed.
- **@fashioncanada:** Royal Watch: And the award for the most fabulously out of place goes to ...! Think Kate would wear Team Canada's jersey?
- **@ldunlop:** Can we just make Will and Kate our co-Prime Ministers?

## Worth mentioning

**OTTAWA.** A new study suggests more than one-quarter of the 7.5 million eligible voters who did not cast a ballot in the May 2 federal election said they did not do so because they were not interested in voting.

Statistics Canada found another 23 per cent of the non-voters it surveyed said they were too busy to vote.

The most common response for not having voted, that people were "not interested in voting" (28 per cent), also includes feeling their vote would not have made a difference in the election results.

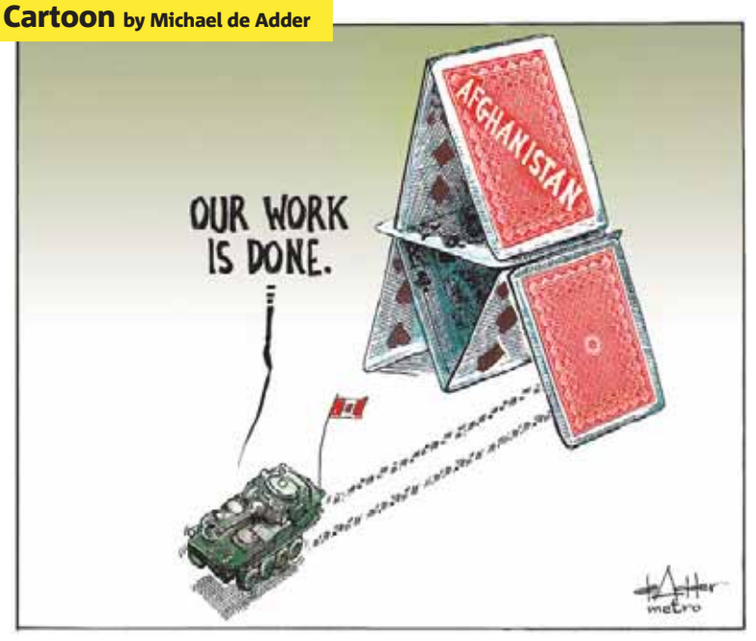
The 23 per cent who said they were "too busy," includes having family obligations or having a schedule conflict at work or school.

Another 10 per cent told Statistics Canada they were out of town or away, while eight per cent reported they did not like the candidates or campaign issues.

Roughly four per cent said they forgot to vote, while a little more than one per cent said they did not vote because of religious beliefs.

THE CANADIAN PRESS

## Cartoon by Michael de Adder




WEIRD NEWS

# Free Tickle Me Elmo to those who visit spa

At Cosquillarte spa in Madrid, Spain, customers strip, head to the treatment room and get ready to relax. That's when the staff take out the feathers — and tickle.

Cosquillarte, which translates both as Tickle Yourself and Tickle Art, is a tickle spa. No massages, no facials, no hot rocks — just tickles.

And while those traumatized by cruel uncles or playground pokes may not be enamoured with the idea, regulars insist a half-hour tickle session is actually relaxing.

Isabel Aires, the PR expert behind the spa, has been addicted to tickles since childhood.

And it seems there are a number of tickle addicts out there ready to give the service a try.

Customers aren't subjected to harsh pokes or grabs to their armpits and rib cages. Instead, the therapy consists of light strokes of the hand, feathers and a hat made up of light, protruding fibres that lightly brush against the skin.

A 15-minute tickle session costs $21; whereas 60 minutes will set you back $63.

TORSTAR NEWS SERVICE

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HANDOUT

▶ Don Hall, left Craig Ferguson and Stephen J. Anderson star as the voices in Winnie the Pooh.

# Adding a touch of sophistication to Owl

**Craig Ferguson shakes off his funny man persona to play the stuff, pompous character in the new Winnie the Pooh movie He speaks to Metro about the role and the Late, Late Show**

**NED EHRBAR**
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

When he's not keeping night-owls entertained hosting the Late Late Show, Craig Ferguson has been sneaking into recording studios to lend his vocal talents to several animated projects, including last year's surprise hit How to Train Your Dragon and next summer's Pixar release, Brave.

This year, Ferguson takes on a classic as Owl in Disney's new version of Winnie the Pooh.

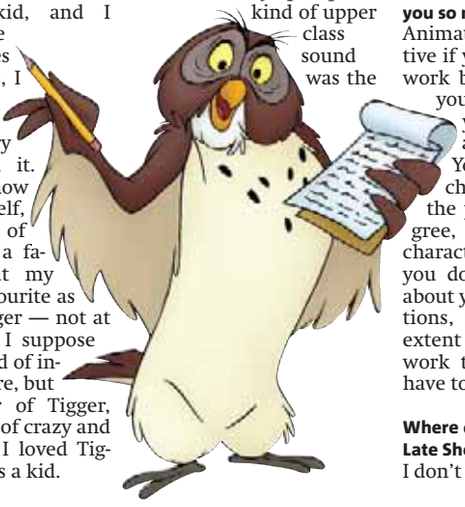
The hard-working Scotsman spoke with Metro about growing up on Pooh, finding Owl's voice and the future of his TV gig.

**Were you already a fan of Winnie the Pooh?**

Oh yeah, of course. I knew the stuff. The books were read to me when I was a very little kid, and I watched the Disney movies and TV shows, I remember, as a child. So yeah, I'm very familiar with it. And I've got now two kids myself, so the figure of Pooh Bear is a familiar one at my house. My favourite as a kid was Tigger — not at all Owl, who I suppose radiated a kind of intellectual figure, but the character of Tigger, who was kind of crazy and unrestrained. I loved Tigger when I was a kid.

**You're not your usual Scottish self as Owl.**

I think that we all felt that an English and a sort of kind of stuffy, pompous, kind of upper class sound was the most appropriate.



**You've done a great deal of voice work for animation. What about it appeals to you so much?**

Animation is very attractive if you're in my line of work because, you know, you're not limited by your own physical appearance, clearly. You're the voice of a character and kind of the personality to a degree, but you're not the character's appearance. So you don't have to worry about your physical limitations, right down to the extent of when you go to work that day you don't have to shave.

**Where do you see the Late Late Show going?**

I don't know. I think that's a fair question, and it's something I've been asking myself recently.

I mean, I've been doing it since January 2005, so I guess it will be coming up on seven years.

I don't know how much I can do with it or where I'm going to take it.

I'll do it for a little while longer, but I really don't know how it's going to play out.

I like keeping it as loose as possible. I think that's what makes our show different — it's a very, very informal, intimate kind of non-structure or deconstructed type of a show.

So I'd like to make sure that we're doing that and keeping it friendly and available to the people who enjoy it — and continue to enjoy it myself.

2 scene

**Charlie Sheen**

There should be no shortage of material. Comedy Central said yesterday that Charlie Sheen has agreed to be the subject of its next celebrity roast. It will be taped in Los Angeles and air on Sept. 19. That also happens to be the same night that Ashton Kutcher debuts as Sheen's replacement in the CBS comedy Two and a Half Men. Sheen was thrown off the show after his hard partying forced a production shutdown.

THE ASSOCIATED PRESS

Members of Cali Swag District are brought low from 'Dougie' fame by killing of lead dancer

# Not so Horrible actors

**Kevin Spacey speaks to Metro about his time away from the big screen Praises Horrible Bosses**

RICHARD CROUSE
SCENE@METRONEWS.CA

In the first decade of his career Kevin Spacey made 20-plus movies and appeared in dozens of TV shows. In the process he took home two Academy Awards — Best Actor for American Beauty, Best Supporting for The Usual Suspects — and became one of the best known actors in Hollywood. But these days he's not as ubiquitous a presence on screen as he once was, and that's by design.

"I made a choice that I was going to focus on theatre for 10 years," he says on the line from his home in London, "because I had focused on film for nearly 12.

"I got to a point where I thought, That went better than I could possibly have ever hoped. Now what? Am I going to spend the next 10 years chasing the same dream? I thought, A: I don't need to top myself and B: I'd like to take all the incredible personal good fortune and attention that came to me and put it toward something that isn't about me. That is about putting myself back into something that has always been my first love."

To that end he took over one of England's oldest theatres, the Old Vic, as artistic director in 2003, creating a company of actors and educational programs. It's work that keeps him busy.

JOHN P. JOHNSON/THE ASSOCIATED PRESS

▶ Jason Bateman, left, and Kevin Spacey star in Horrible Bosses.

"Let me tell you the honest truth. I don't have time to make movies that often, so I'm not offered that many movies. Sometimes I get the feeling from journalists that they think you sit around and decide which movies you're going to do. I'll let Tom Hanks do that one and George Clooney can do that one but I'm going to do this one. That's not the way it works. There are only two reasons I do movies. One: because they offer it to me and two: am I available to do it. There's no great design. Trust me, I'm not sitting around with a magic wand picking my parts like I have a deli in front of me of choice. That's a myth. It's a nice myth, but it isn't true."

He took a break from the stage long enough to play one of the evil employers in Horrible Bosses, a new comedy co-starring Jason Bateman and Jennifer Aniston.

"I love all these actors," he says, adding, "It's great fun to pretend to be a horrible person for a couple of weeks."

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# A HISTORY OF HELLISH EMPLOYERS

## IN FOCUS

**RICHARD CROUSE**
SCENE@METRONEWS.CA

Nobody likes the boss.

Bob Dylan sang I ain't gonna work on Maggie's farm no more. But Johnny Paycheck said it best for all people with evil employers when he snarled, "Take this job and shove it."

This weekend a new movie takes hatred for bad bosses to a new level. The guys in Horrible Bosses, a new comedy starring Jason Bateman, Charlie Day and Jason Sudeikis, hate their supervisors, and try to solve their employment problems…permanently.

Not all movie bosses are in such danger. Often movie characters find more creative ways to get even with their bosses.

HANDOUT

▶ Sigourney Weaver starred in Working Girl, another film that centred around bad bosses.

Remember Office Space's Peter Gibbons (Ron Livingston)? He hated his nitpicking boss, Bill Lumbergh (Gary Cole), so much he created a computer virus to steal money from the company. Too bad he got the decimal point wrong.

Gibbons didn't go to prison for his revenge scheme but another agitated employee did. In Wall Street Bud Fox (Charlie Sheen) allows his boss, Mr. Gordon "Greed is Good" Gekko, to lead him down a moral and professional rabbit hole.

His revenge was simple: he recorded Gekko's admission of guilt. Trouble was to do so he had to implicate himself.

Going to jail was too good for Guy's (Frank Whaley) boss in Swimming with Sharks. The up and coming writer thought he had it made when he got a job as the assistant to hot shot producer Buddy Ackerman (Kevin Spacey) but soon found out that being low on the food chain in Hollywood means putting up with a constant stream of abuse and humiliation.

Instead of quitting he does what any slightly psychotic Tinsel Town wannabe would do: he breaks into Buddy's house, kidnaps him and tortures him. In a twist the extreme behaviour earns Buddy's respect and Guy gets a promotion.

Usually in the movies it's men who are the bad bosses but there are two glaring examples of distaff evil employers. In The Devil Wears Prada Meryl Streep was Miranda, a boss who redefines the word demanding.

She's bad, but the worst female boss ever is Working Girl's Katharine Parker (Sigourney Weaver). Miranda was belittling and arrogant, but at least she was upfront about it. Parker, on the other hand, is two faced, passing off her trusted secretary Tess McGill's (Melanie Griffith) ideas as her own. In the end Tess teaches her a lesson about honesty…and gets her fired.

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# The incomparable Janelle Monáe

**The mastermind of last year's concept album The ArchAndroid discusses what's next on Metropolis**

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Janelle Monáe is a rarity: an artist who has such a singular yet palatable vision and sound, that she re-ignites a cynic's excitement for music in the post-aughts.

By blending everything from high-minded cinematic score with funky R&B and classic rock, the 26-year-old stunned her fan base with her debut album The ArchAndroid last year, which spun the tale of a sci-fi universe in the distant future.

While on tour in Europe, Monáe told Metro about the process of topping what has already been considered a modern masterpiece.

**Are you done recording your next album?**
Oh, no. I'm constantly recording, recording now. It's a very exciting time. We've been on tour and I've had the opportunity to visit so many places and meet so many people.

We've had the pleasure of touring with Stevie Wonder and Prince. We're in an extremely creative mode and we're making sure we're going to be able to execute them properly.

**Is a date set for the album's release or are you just letting it evolve?**
Well, I don't know the date of when the scarecrow meets the villain in Metropolis and the Metropolis wipes out everyone in the 20-second century.

**You had a lot of guest artists on the last album. Can you tell me about anyone who might be appearing on the new one?**
Well on the last album, I didn't have many guest artists. That's just that it's only close friends that I'm a fan of their music like Saul Williams and Kevin Barnes [of Of Montreal] and of course, Big Boi and Deep Cotton who is a part of the Wondaland Arts Society.

Just really close family of us don't believe in the politics of working with people because their celebrity status. I try to do things that I am genuinely passionate about and work with people I genuinely love and they genuinely love and appreciate me.

**What's your approach to this new album?**
The concepts will be stronger, will be very relatable to the people that I think about, like working class and working each and every day — just creating medicine for them, an experience, and a motion picture for them.

Again, we're not in the business of getting rid of a formula that is ours, so we're staying true to our roots while at the same time creating more formulas.

**You have a very distinct look with the tuxedo you always wear. Will you be changing that up?**
Sure, this is my lifestyle. I don't go into over-analyzing or feel compelled to keep up with anything. As an artist, these are my ideas, my right and all those things we have as free citizens.

**This summer you're going to be performing as a part of the Afropunk Festival in Brooklyn, N.Y. Do you feel like you are a part of the Afropunk culture?**
Absolutely. I'm grateful to have the support that particular culture has been giving me since the beginning. I don't ever take that for granted.

I think it's more about forward-thinkers and people who are trying to erase those limitations and boundaries that have been placed on us as African Americans.

People think we're all monolithic and been the same. I think it's a pretty cool initiative and I support it whole-heartedly.

**You do a lot of covers on tour. What's your approach to making them your own?**
I do like cover songs but not all cover songs. Again being a friend of Prince's and Stevie Wonder's — which I'm very blessed and fortunate to be able to call them both that — they just have great music.

I'm also travelling with an orchestra, a full string quartet: horns, back up singers. It's a really big band so for me, I really love to maximize that.

I love to play off the fact that we have a big band that you can play anything you want. That's the type of person I am.

I'm like, "how about the elements here and oh man, it's time to cook a really big meal. A feast."

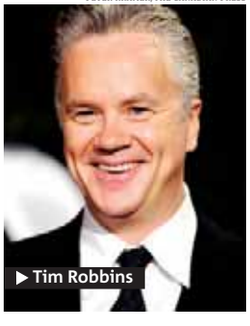
**"The concepts will be stronger, will be very relatable to the people that I think about, like working class and working each and every day — just creating medicine for them, an experience, and a motion picture for them."**
JANELLE MONÁE, ON HER NEW ALBUM

JIM DYSON/GETTY IMAGES

▶ Right on the Monáe: Janelle Monáe performs live on stage during the second day of the Wireless Festival at Hyde Park on July 2, 2011 in London, England.

# 'Funk' led to actor's album

PETER KRAMER/THE CANADIAN PRESS



▶ Tim Robbins

Oscar-winning actor Tim Robbins has been immersed in music since he was young, when he watched his folk-singer parents — Mary and Gil Robbins — perform onstage.

But he never wanted to pursue a recording career himself until he was ready to devote the time and passion to it.

That time came a couple of years ago, when he was "in kind of a funk," the 52-year-old recalled in a recent interview to discuss his debut folk-rock-blues album, Tim Robbins and the Rogues Gallery, out yesterday.

"I remembered one thing my dad used to say, which was: 'If you're ever in a depressed area, you should always try to find something creative to do,'" Robbins said by phone from Los Angeles.

"And so I went into a studio with a guitar and I recorded a bunch of songs that had been sitting in my books for years, that I knew in my head but no one else knew the tunes to. I recorded these 15, 16 songs and didn't think much of it."

About a month later, Robbins ran into a producer pal, Hal Willner, who'd been encouraging the film star to do something musically for a long time.

Robbins gave Willner his demo and the producer liked it so much that just two weeks later, he set Robbins up with the Rogues Gallery band and took them on tour in the U.K.

"It kind of just plopped in my lap," said Robbins, who split from his longtime partner Susan Sarandon in 2009.

"It was like: 'Put up or shut up, guy,' you know. 'You love doing music? Do music.'"

Tim Robbins and the Rogues Gallery has nine songs that include a range of instruments, from fiddle to harmonium and hurdy gurdy. THE CANADIAN PRESS

**Canadian tour**

▶ **Robbins and the Rogues Gallery Band** are on a tour that will hit Winnipeg on Friday and Saturday, Quebec City on Sunday, and Montreal, Ottawa and Vancouver next week. The tour will also hit Toronto Aug. 2.

## Celebrity tweets

Today, we get deep thoughts from a famous author, a famous music producer and a famous singer who supposedly split up the Beatles.

@Yokoono

"All people who come to us are angels in disguise carrying messages from The Universe"

@Drakkardnoir (Drizzy Drake):

"The kids I hang with are gonna be parents one day...scary."

@RussellSimmons

"Nothing in life has to be taken seriously — except the joy of life." — Maharishi

@PauloCoelho

"Kiss slowly, laugh insanely, live truly, and forgive quickly."

# Potter's class graduates with no child-actor breakdowns

- **Despite their fame, they've grown up smart, polite and professional**
- **Young stars have not leapt into to the party-till-dawn celebrity lifestyle**

ALL PHOTOS GETTY IMAGES

▶ Daniel Radcliffe, left, Emma Watson and Rupert Grint at the premiere of Harry Potter and the Deathly Hallows - Part 1 at Alice Tully Hall on November 15, 2010 in New York City.

If the young cast of the Harry Potter films received report cards for their school days at Hogwarts, they'd all probably earn the notation, "plays well with others."

Cast as impressionable children in Hollywood's biggest fantasy franchise, Daniel Radcliffe, Emma Watson, Rupert Grint and their many young co-stars have manoeuvred through 11 years of fame — and the temptations it brings — without any whispers of Lindsay Lohan-style meltdowns that can derail child actors.

"It's very different doing it in England," said Radcliffe. "In America, you're treated as an actor first and a kid second. Here, you're very much treated as a kid first and an actor second. In fact, you're not really treated as an actor. You're treated as a kid on a film set, which is how it should be, because that's all you are at that point. No one's an actor at 12."

THE ASSOCIATED PRESS

# Half of Milli Vanilli returns?

The New Kids on the Block made a comeback. Prince is still around. The Transformers rule the box office.

So is the world ready for another nostalgic throwback? Is the world ready for…Vanilli?

One half of the disgraced Milli Vanilli is rumoured to be making a solo comeback.

According to TMZ, Eminem's DJ The Alchemist said: "I'm working on a joint with Vanilli ... Vanilli making a comeback."

Will there be lip syncing? The DJ tells the site: "It's real s— dude."

▶ Fabrice Morvan, formerly of Milli Vanilli, in 2005.

METRO

# Biebs forgets cash on ice-cream date

You know what tastes better than ice cream? Eating ice cream with Justin Bieber.

The Canadian superstar and his girlfriend, actress and singer Selena Gomez, were seen in the New York beach town The Hamptons over the weekend, shopping for beachwear and buying snacks, according to People magazine.

A source told the magazine that he kept calling her babe.

And when caught without cash, a customer paid for their ice cream.

METRO

▶ Young love: Selena Gomez and Justin Bieber

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# Diving into the blue

**Orlando's Discovery Cove offers fun for the whole family ◗ Interact with dolphins and snorkel among tropical fish ◗ Check out the newest addition to the park — the Grand Reef**

AURELIE RESCH
LIFE@METRONEWS.CA

"Mommy! Look! A sting ray!" Normally, I would jump on my feet and promptly extract my child from the water, but here at the Grand Reef I encouraged him to dive in and chase the gracious one-meter-wide fish.

Spending a day at Discovery Cove in Orlando is plunging into a whole new world. Diving into the blue. A cure to urbanitis. Here, you stroll in lush landscapes on a 30-acre tropical oasis and encounter exotic sealife.

After swimming and interacting with a bottlenose dolphin named Tyler in one of the several lagoons on the property, my children and I went to a new addition to the park, opened on June 11, called the Grand Reef.

My two-year-old daughter laughed as she paddled in the shallow water among scholar fish while my two boys kept busy chasing big rays among the artificial and colourful reefs. Joining the excitement, I went snorkelling in deeper water among hundreds of tropical fish and ventured close to a glass wall behind which reef sharks and lionfish stared unblinkingly at me.

While sharing with my children the exhilaration of flirting with sealife, I observed visitors embarking on another journey: The Seaventure. Geared up with diving helmets and special swimsuits, they would venture on the seafloor of the Grand Reef for an up-close encounter with the ocean's flora and fauna.

Before my jolly troop surrendered to fatigue, I took them down the gentle current of a lazy river that travels through the park. We ended up our day unwinding while observing exotic birds flying gracefully above our heads.

## What to do

- **Besides the sealife,** you can also relax and sunbathe on one of several white-sand beaches, build sandcastles with your little ones or hand-feed an extraordinary variety of exotic birds in the aviary.
- **Discovery Cove** also offers the opportunity to be a dolphin trainer for a day or have a dolphin play a special role in your marriage proposal or on your birthday. Professional photographers are available to make your memories of the day last forever.
- **Let yourself be** tempted by a souvenir from one of the Discovery Cove giftshops. From a unique piece of jewelry or artwork featuring marine themes to stuffed animals, clothing and framed photos, bring your memories home.

FLICKR: FOQUS

▶ Snorkel among hundreds of tropical fish at the Grand Reef.

FLICKR: WENDY PIERSALL

▶ Interact with dolphins at Discovery Cove.

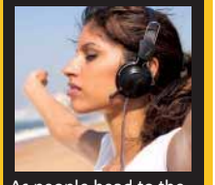
## What's included

**Your full day at Discovery Cove includes meals, snacks and beverages, as well as towels, wetsuits and swim gear, plus a pass for unlimited admission to SeaWorld or Aquatica in Orlando or Busch Gardens in Tampa to be used surrounding a Discovery Cove visit (extra for the dolphin's encounter and Seaventure).**

- **For more information, visit** discoverycove.com.

3 life

## Beach etiquette



As people head to the pool or beach this summer, they might want to spare a thought for matters of etiquette. Blasting loud music is a no-no. It emerged as the most annoying etiquette violation in a recent TripAdvisor survey. Littering and public intoxication were also deplored at the beach, while chair hogging and smoking were given the thumbs-down at the pool.

THE CANADIAN PRESS

Much ado about Wenlock: Small town in England inspired the modern Olympics.

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# A taste of Top Chef across Canada

## Experience the culinary delights of the best chefs from coast to coast

GIZELLE LAU
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Monday night, Food Network Canada's newest show, Top Chef Canada (a spinoff of the original series, Top Chef on Bravo TV in the U.S.), finished its first highly successful season.

After a grueling competition against 15 other chef competitors from across Canada, it was Dale MacKay from Ensemble restaurant in Vancouver that took home the grand prize: $100,000 and a fully furnished GE Monograph kitchen valued at $30,000.

For those of you who followed from week to week, you know what it's like to wish you could reach through the screen and eat what these talented chefs are cooking up for the Top Chef Canada judges, like Dustin Gallagher's gnudi, Rob Rossi's sloppy joes or Connie DeSousa's handmade artisanal sausages.

And this summer you can. Travel from coast to coast on our Top Chef Canada restaurant tour where you can taste some of the delicious dishes from the show's top contestants.

HANDOUT

▶ Canada's Top Chef Dale MacKay from Ensemble Restaurant in Vancouver

Opened just last month in Vancouver, owner and chef Dale MacKay's Ensemble Restaurant and Bar offers modern French dining on Robson Street. A culmination of his life's experiences including working under chefs Gordon Ramsay and Daniel Boulud, Ensemble offers modern interpretations of classic, high-end cuisine at an affordable price.

On the menu from his Top Chef Canada repertoire: Dungeness crab in spiced melon soup, black cod with Thai broth and a soufflé that impressed even chef Mark McEwan.

Toronto offers a handful of Top Chef Canada culinary experiences. Catch chef Dustin Gallagher sporting his legendary grin at Grace Restaurant in the city's Little Italy district. Fresh ingredients including herbs and vegetables from the rooftop garden are the focus with farmhouse-chic dishes like fresh ricotta gnudi or BBQ pork chop with corn bread.

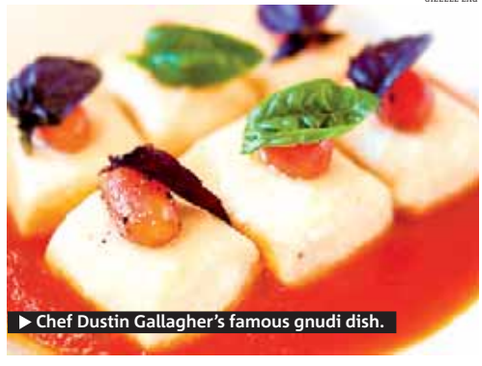
Although chef Rob Rossi recently announced his departure from the Mercatto restaurants, you can still visit and taste the menus he's created in his two-and-a-half years as executive chef of Mercatto's four locations, including the new Trattoria Mercatto at Toronto Eaton Centre. Simple, rustic Italian cuisine and wine create a bustling trattoria-style dining experience, a nice retreat from the hectic downtown core.

With one of the most exciting dining scenes in the country, Calgary shouldn't be overlooked. Here, female Top Chef Canada finalist chef Connie DeSousa serves up an urban-rustic, meat-heavy menu at Charcut Roast House, named one of the top restaurants in Canada in 2010 by enRoute Magazine (no easy feat!). Charcut's specialties include a spit-roasted prime rib sandwich, slow-cooked country sausages and a 6 oz. dry-aged butcher steak.

Out in the east coast, visit Todd Perrin at The Chef's Inn in St. John's, Nfld. — a restored heritage home from 1893 with four guest rooms. Wake up to freshly baked goods and a gourmet breakfast prepared by the chef himself, using ingredients from the inn's own backyard organic garden. On Monday and Tuesday evenings, Perrin showcases his fine culinary skill with dinners at the inn.

▶ Inside Grace Restaurant in Toronto.

GIZELLE LAU



▶ Chef Dustin Gallagher's famous gnudi dish.

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▶ The souffle at Ensemble Restaurant in Vancouver.

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GIZELLE LAU

GIZELLE LAU

▶ Inside Trattoria Mercatto at the Toronto Eaton Centre.

# Wine-guzzling Gauls star in Montreal exhibit

## ◗ France's history of alcohol consumption on display at city museum ◗ Debunks common misconception that wine originated in Italy, Greece

The history of France bears witness to the raw power of a hangover headache — after all, alcohol overconsumption and a hard-partying lifestyle apparently devastated the entire Gallic civilization.

That libation-laden past is on display in Montreal until Oct. 16 at the city's Pointe-a-Calliere museum in an exhibit called, "To Your Health, Caesar! Wine and the Gauls."

The surprising find of hundreds of ceramic containers of wine in a shipwrecked hull at the bottom of the Mediterranean in 1972 reconfirmed the theory that the Gauls liked to drink — a lot.

Distinctly designed containers from the ill-fated shipment, along with artifacts from the Roman Empire, are part of the display.

A half-hour stroll through the exhibit illustrates wine's exalted status within the Gallic and Roman civilizations.

"When the Gauls discovered wine," said exhibit curator Christine Dufresne, "they were under the influence of Rome and Greece. Wine was really a symbol of power."

Starting with a look at wine's origins, the interactive multimedia tour debunks the misconception that production began with the Italians or Greeks. It highlights discoveries in the Middle East as far back as 5,400 BC, of jars believed to have been made to contain wine.

Long considered the drink of the upper ruling class, wine's historical status is illustrated by Gallic offerings to Bacchus, the wine god. The offerings were various metal objects, a highly coveted material at the time.

The exhibit includes a reproduction of a portion of the largest ancient bronze ever discovered — a 1,100-litre behemoth of a container located in the tomb of a princess from the village of Vix, near Burgundy, France.

Such copious amounts of wine being splashed around France came with obvious costs, both social and economic. The repercussions, for Gallic civilization, were epic.

Gauls were great drinkers of wine, said Dufresne, but were not great producers, which forced them to import millions of litres from Italy.

The high taxation placed upon wine led to substantial dividends for the Roman exporters, allowing them to expand both in wealth and strength. This enabled a rapid growth of the Roman military, culminating in the conquest of Gaul by Caesar's troops in 51 BC.

THE CANADIAN PRESS

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▶ The exhibit runs until Oct. 16 at Pointe-a-Calliere.

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▶ Ceramic containers of wine found in a shipwreck.

THE CANADIAN PRESS/HO-MARC-ANTOINE ZOUKI

▶ Wine had an exalted status in ancient civilizations.

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# 3 WAYS TO ENJOY THE RAIN

**In truth, a spot of rain can be more of a blessing than a curse when you're out and about on your outdoorsy vacation, British veteran adventurer David Firth explains to Metro.**

## EMBRACE THE WETNESS

- First on the list is simply embracing the water. "In a lot of national parks, there are different opportunities — lakes and reservoirs are great for kayaking and canoeing, or you could even do some improvised raft building with wood and barrels and have a race. If you're going to get wet, you might as well be having fun!"

## GET DOWN, DIRTY AND SCRAMBLE

- This holds true for his next, more adventurous suggestion — gorge scrambling. "This is as simple — or as difficult — as making your way upstream along the path of a river," says Firth. "You'll be hiking, wading, swimming, climbing and combining them all to ascend each waterfall. Just make sure it hasn't rained so much that the stream is dangerously swollen."

## CYCLE IN THE RAIN

- Last up is mountain biking, a perennial favourite among outdoor sportsmen that can benefit from the addition of a watery element. "Even in the rain, it's nice to get out and pelt down the mountain tracks — getting a bit muddy just adds to the excitement," Firth says.

So if you're halfway up a mountain, or even at base camp, and the skies begin to cloud over, don't panic — there's lots of things to do in a downpour. Just be prepared and your trip will be all the richer for a little rain.

TOM BARFIELD

# Don't let kids

▶ But what would holidays be like without kids? Very quiet ones.

**1 Go adults-only:** For the ultimate kids-free holiday, book into an adults-only hotel. It's not just cheesy honeymoon spots or trashy swinger joints that won't admit children.

Many designer, boutique hotels are deemed unsuitable for youngsters. Reserve your room and enjoy blissfully child-free pools, beaches, restaurants and spas.

**2 Talk to management:** If other people's little monsters are bothering you in your hotel, contact the hotel manager. It is the duty of a decent gen-

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# wreck your vacay

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eral manager to ensure that you have the holiday you have paid for – and they should be able to find diplomatic ways of resolving the problems.

**3 Eat smart:** Eat late and eat sophisticated. Holidaymakers with kids have to eat early, whether they have overtired toddlers or famished teenagers.

Parents tend to take their families to informal, cheap restaurants where it's okay if their kids waste the food and it's less embarrassing if they make a mess. So for a romantic meal book somewhere upmarket (anywhere with tablecloths will do) and you're less likely to have your dinner spoilt by screaming brats.

EMMA E. FORREST

## 3 WAYS TO A NO-STRESS HOLIDAY WITH KIDS

### ACTIVITIES

Distraction is key to keeping the peace. Give your kids lots of things to keep them occupied, from hand-held video games and DVDs to sticker and colouring books, according to their age. If they're troublesome on the plane, bring onboard fun toys to unwrap each hour, on the condition they have behaved since the last one.

### KIDS CLUB

If your kids are high-maintenance, book a hotel with a kids' club. You can farm them out to unsuspecting, perky holiday reps for tennis coaching, watersports, singing and dancing, or whatever, while you get to sip a Piña Colada by the pool. By the end of the day they'll have had such a great time that they will be content to eat dinner politely, then go to bed without throwing any tantrums.

### GET HELP

Try to get away with a support network: either doting grandparents who'll be thrilled to spend time with their grandchildren, or hire a villa with a gang of friends who have kids the same age and take turns in looking after the kids. If it's just the two of you, arrange to give each other a proper break by wrangling your kids for a morning or afternoon, while your other half gets to have a massage in the spa or a round of golf.

**Metro survey**

## Did kids ever ruin your holiday?

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# 3 WAYS TO AVOID THE CROWDS

**ADIE SAMPSON**
'ALTERNATIVE' TOUR OPERATOR

## RESERVE YOUR PLACE OR ASK THE LOCALS

- For tourist hotspots, reserving your spot online or by phone before your visit can be the best option. If there's no way of doing that, ask a local about the best time to go. This can be your hotel reservation desk or even a taxi driver. Hotels want to provide good service and taxi drivers know the city well. Don't be afraid to ask.

## IF YOU MUST, QUEUE UP – BUT ONLY IF IT'S WORTHWHILE!

- If you still find yourself waiting, remain calm. I once found myself queuing for two hours to see the Alhambra in Spain. It is something I will never see again and was mightily impressive, so worth the wait. It all comes down to your sense of whether it's worth it. I hear of people queuing for hours for the big clubs in Berlin. I think it's absurd to waste half your night just to say you've been there.

## GO OFF THE BEATEN TRACK

- Bored of tourist spots? Try unorthodox routes to hidden fun. I always go to local bars. Tip the barman on the first drink and they are usually happy to talk about their city. If that sounds crazy, here's a less daring option. Talk with guys selling tickets for boat tours or tour buses. They usually have a lot of spare time... I loved it when I worked as a ticket seller and people would ask me questions. The last option is simply losing yourself in the city. This can be a wonderful adventure, but be careful: there are some places where this might not be a good idea, so get an idea of what the area is like before you go off searching for local treasures.

▶ Steel's vacation to remember: driving through the desert with sick kids.

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# HOW DANIELLE STEEL SURVIVES THE SUMMER

**What's in this novelist's suitcase: 'A Bible and a pair of fun, sexy shoes!' Steel tells Metro what's on her travel list of do's and don'ts**

**ELISABETH BRAW**
LIFE@METRONEWS.CA

For years, a Danielle Steel novel, along with shades and suntan lotion, has been an essential item in the beach bag of any seasoned sunbather. But what does the world-famous bestselling author herself read on holiday? Metro caught up with Steel to find out her holiday habits, pet peeves and worst memories.

**Oddest attractions you've seen while on vacation?**
I must have very dull vacations. I can't think of any awful people I've dealt with on holiday, any terrible food I've eaten, or odd attractions I've seen. I spend most of my vacations with my children; we love being together and have a great time. Maybe we're the 'odd attraction' with a family with nine children! And probably the worst food I've eaten, anywhere, is my own, when I cook. One of my sons teased me and said it has taken him years to eat my food without crying.

**And the worst?**
Possibly one of our worst vacations was a driving trip to Death Valley, when all nine of my children were very young. The drive was long, the heat deadly, we got switched from the hotel to the campground with no warning, and several of my kids broke out in chicken pox on the way there. Now there was a memorable vacation! We all laugh about it now.

**Who were the worst people you dealt with on vacation?**
I can't think of anyone. Maybe airline people when your flight is five hours late, and they lie to you about it, and you sit there waiting for what seems like an eternity, and then finally, after you sit around all day, waiting, they cancel the flight!

**Which five things do you absolutely need while you're holidaying?**
My children (what would I do without them?), my briefcase (I panic without it — what if I get an idea and need pen and paper to quickly write it down?), my computer so I can stay in touch with the outside world, the Bible, and a great pair of fun, sexy shoes.

**Which books/music you read/listen to on holiday?**
I read novels that are enjoyable and entertaining; I don't read serious non-fiction books on holiday. I don't like books that make me sad! I listen to whatever music my children play (very loudly).

**Summer exclusive**

## PACKING MY BAG

### REESE WITHERSPOON
**TELLS METRO HOW TO PACK**

**What's the essential way of packing your carry-on bags?**
I'm fascinated with this topic: what do you pack? I think you have to find one central colour and base your entire wardrobe around a colour. Dresses, jeans — but usually black, because you're always going to have a pair of black boots that goes with everything, or a pair of black flats. But you can't mix in the browns and the grays, because then you'll overpack. It's hard. That's why you have to have a simple style.

I think everybody's trying to just do carry-on because of all these extra charges for bags, and it's a pain to have to wait around for your suitcase. For this, just roll up your clothes. My other tip is pack everything in zipper storage bags, and then you push all the air out of them and make them compress. You can get so much more with your bag. NED EHRBAR

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**Las Vegas** Air + 4 Nights $235
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**New York City** Air + 3 Nights $519
*Days Hotel Broadway* + taxes & fees $103
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**New Orleans** Air + 4 Nights 4-Star $559
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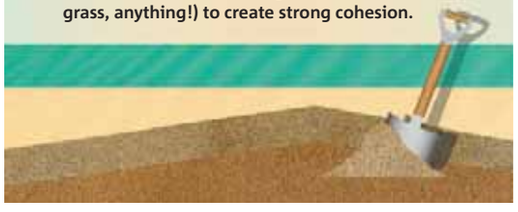
# How to build a super sand castle

- This summer, impress friends and strangers alike by building an imaginative and awe-inspiring sand castle
- Metro speaks with Leonard Gonzales, a U.S. championship-winning sand castle creator, for some trade secrets

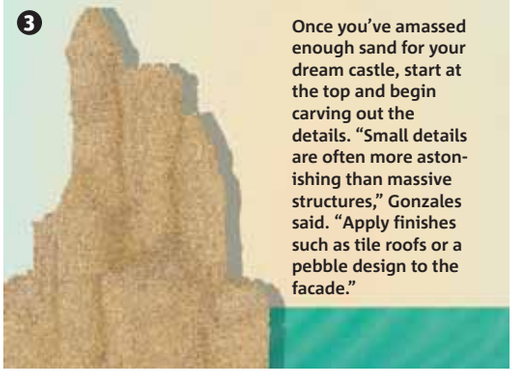
TEXT: ELIZABETH WOLFE ; ILLUSTRATION: MIA KORAB

**1** Bonafide sand castle builders should already have a plan beforehand. With this in mind, once you hit the sand, build a massive base mixed with foreign soils (mud, grass, anything!) to create strong cohesion.



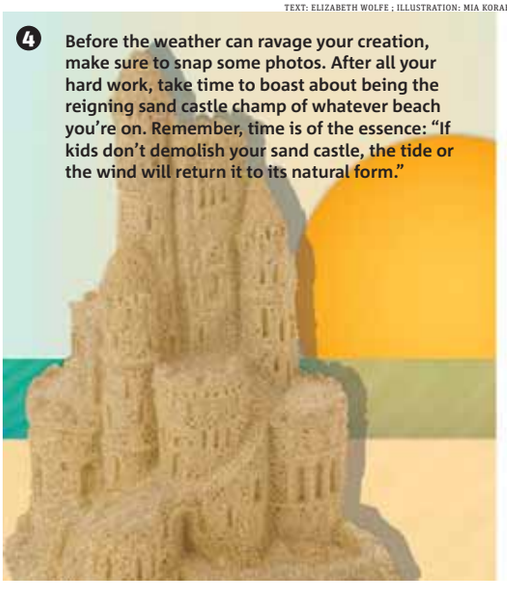
**2** Add wet sand one layer at a time, packing it tightly as you go.

**3** Once you've amassed enough sand for your dream castle, start at the top and begin carving out the details. "Small details are often more astonishing than massive structures," Gonzales said. "Apply finishes such as tile roofs or a pebble design to the facade."



**"Be sure to wear plenty of sunscreen and drink lots of water as building a big sand castle is very labour-intensive!"**
CHAMPIONSHIP-WINNING SAND CASTLE CREATOR LEONARD GONZALES

**4** Before the weather can ravage your creation, make sure to snap some photos. After all your hard work, take time to boast about being the reigning sand castle champ of whatever beach you're on. Remember, time is of the essence: "If kids don't demolish your sand castle, the tide or the wind will return it to its natural form."

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ISSF's mission is to undertake science-based initiatives for the long-term sustainability of tuna stocks, reduction of bycatch, reduction of illegal, unregulated and unreported fishing, and promotion of ecosystem health. Clover Leaf, a proud founder of ISSF, is at the forefront of seafood sustainability. We are committed through our leadership and our actions to the effective management of ocean resources for generations to come. Please visit **www.iss-foundation.org**

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We encourage you to learn more about Clover Leaf and our relationship with our oceans. For more information please visit us at **www.cloverleaf.ca**

The Clover Leaf Seafoods Family

## Nightcap Ice Coffee

This very adult iced coffee even sports a spiced sugar coating on the rim of the glass.

### Preparation:

1. Spiced sugar: In a small bowl, mix together turbinado sugar, nutmeg and cardamom. Place on small plate. Lightly moisten rim of a double old-fashioned glass (or other large tumbler), then invert glass onto plate so that sugar sticks to rim. Fill glass with ice.
2. In a cocktail shaker filled with ice, combine Godiva, cognac, Kahlua, espresso and sweetened condensed milk. Shake for 1 minute. Strain over ice in glass.

ALISON LADMAN/ THE ASSOCIATED PRESS

### Ingredients:

- 30 ml (2 tbsp) turbinado sugar
- Pinch nutmeg
- Pinch cardamom
- 30 ml (1 oz) Godiva milk chocolate liqueur
- 30 ml (1 oz) Navan vanilla cognac
- 30 ml (1 oz) Kahlua Especial
- 60 ml (2 oz) espresso, chilled
- 30 ml (1 oz) sweetened condensed milk

# Put a spin on coffee

**It may be heating up outside but you still want to enjoy a cup of joe These easy to make recipes will cool you down (and pick you up) while not causing you to break a sweat**

It wasn't too long ago that a cup of cold coffee wasn't worth beans.

But these days, iced coffee is one hot brew.

A few fun facts: Nearly 60 per cent of iced coffee is consumed at breakfast, 20 per cent is treated as a snack, 13 per cent of sales are for lunch and four per cent for dinner. Consumption is heaviest in the Northeast and the frosty java is more popular with women than men.

Check out these easy-to-make recipes. They only require a few ingredients and take less time to make than it would take you to head to a café, place an order and wait for it to be made.

Both of these drinks are made in under 10 minutes.

MATTHEW MEAD/ THE ASSOCIATED PRESS

### Parlour Coffee Float

**Preparation:**

1. In a blender, combine coffee, chocolate syrup, half-and-half and half of the ice cream. Blend until smooth and frothy. Pour into 2 tall glasses and top with a scoop of the remaining ice cream. Top with whipped cream and a cherry, if desired.

### Coffee Bananas Foster Smoothie

**Preparation:**

1. In a blender, combine all ingredients. Blend until smooth and frothy.

ALISON LADMAN/ THE ASSOCIATED PRESS

### Shopping list:

**Coffee Bananas Foster Smoothie**

- 375 ml (1 1/2 cups) strong brewed coffee, chilled
- 2 ml (1/2 tsp) cinnamon
- 30 ml (2 tbsp) dark brown sugar
- 2 small ripe bananas
- 175 ml (3/4 cup) vanilla yogurt
- 125 ml (1/2 cup) fat-free half-and-half
- 250 ml (1 cup) ice cubes

**Parlour Coffee Float**

- 375 ml (1 1/2 cups) strong brewed coffee, chilled
- 50 ml (1/4 cup) chocolate syrup
- 50 ml (1/4 cup) half-and-half
- 250 ml (1 cup) chocolate or coffee ice cream
- Whipped cream, to serve
- Maraschino cherries

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# No experience means no chance?

## STUDENT VOICE

EMILY FRASER
TALENTEGG.CA

As a hopeful future doctor, I know that an important element of the medical school application is relevant work experience.

Finding a job that would give me such experience has proven very difficult.

Last summer, I applied to numerous positions in hospitals and clinics, and went to many interviews.

Most of the interviewers told me, after I did not receive the job, that I was not chosen because I lacked previous experience.

I was frustrated because the application had not specified that previous experience in the field was mandatory.

I wasted a lot of effort applying and interviewing for these jobs, which did not want me, when I could have been focusing on jobs where I had a chance.

As a result, I did not find a medicine-related job and eventually I took a cashier job instead.

I began to wonder where the people who were actually hired for these jobs had gotten their previous work experience.

It's frustrating that in order to get jobs that give you a great experience opportunity, you have to already have a lot of work experience in the same field. I mean, you have to start somewhere.

I wish there was a place that listed jobs that offer great experience opportunities in various fields, where no real previous experience in the field is mandatory.

Or, at the very least, I wish the employers that do require previous work experience in their field would specify on the application so I would no longer waste their time and my own.

**TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.**

SUBMITTED

▶ Emily Fraser believes that employers should be as clear as possible about the previous experience applicants require to get a shot at an interview.

### What I learned

**Key take-aways from Emily's experience:**

- Students should look to volunteering as a means to gain experience. Your university likely has partnerships with student volunteer organizations, such as Best Buddies, which is a great place to start.
- Or, approach an organization, such as a hospital, and see if they accept volunteers. Even if you're only volunteering once a week, that's one day of experience that you didn't have before!

**Where Emily is now**

I just completed my second year of a Bachelor of Science degree in chemistry at Acadia University. I am happy to say that this year I was much more fortunate with my job hunt. After a great deal of hard work, I found a summer job as a research assistant in a lab.

I'm confident that this job will give me the experience I need in the field I am so interested in.

I also volunteer at a local nursing home and with Best Buddies Canada, an organization that pairs students in a one-on-one friendship with members of the community with intellectual and developmental disabilities.

These positions are hugely rewarding and they give me the experience I was looking for when applying to hospital jobs.

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# Get moving!

## Researchers say 'active transportation' to and from school could curve Canadian stats in right direction

ROBIN LOZNAK/THE CANADIAN PRESS/AP/THE NEWS-REVIEW

▶ A study published last year found that children who used active transportation over the course of three years had fewer weight issues.

Few children are meeting guidelines for physical activity in Canada, but walking or riding a bicycle, scooter or skateboard to school could help them get closer to those targets, researchers say.

They decided to analyze the characteristics of youngsters making their way to school under their own steam, described as "active transportation" – as opposed to getting a ride or taking a bus – to see what patterns emerged.

Children from lower socio-economic backgrounds, those with a single parent and those with an older sibling were more likely to fall into this category, they discovered.

"We saw the likelihood of using active transportation as they age peaks at around 10 or 11 and it declines after that," said co-author Roman Pabayo, whose study is published Monday in the journal Pediatrics. The estimated proportion of kids using active transportation at age 10 to 11 was just under 35 per cent, the study showed.

Not surprisingly, urban kids are walkers and bike riders to a greater extent than their counterparts in rural areas, where greater distances make buses and cars necessary.

"It's important for children to be physically active," says Pabayo, whose research on Canadian youth aged six to 16 comprised his PhD thesis at the Universite de Montreal.

"One of the most potential easy accessible forms of physical activity is active transportation, and active transportation to and from school is a good opportunity for physical activity because ... it's easy, affordable and most children could incorporate it into their daily routine."

**THE CANADIAN PRESS**

# Work burnout: Are you feeling the heat?

RICHARD REESH WOODBURY
LIFE@METRONEWS.CA

With the great expectations placed upon people in today's always-connected work society, many are feeling the effects of burnout.

"Unfortunately, people are embarrassed by being burned out and they feel there is a stigma and perhaps a sense of failure they haven't been able to cope, so they're often very reluctant to go to the very people that can help them," says Hilary Predy, the associate vice president of business solutions with Adecco Canada, a human resources company.

Burnout doesn't happen overnight and usually stems from high (and often unreasonable) expectations placed on people, says Dr. David Posen, a stress management expert in Oakville, Ont., who has written three books on the topic.

To avoid burnout, it is important people set realistic expectations for their work and what they can accomplish.

They must also take good care of themselves and get enough sleep, as many of the symptoms of sleep deprivation are symptoms of stress, such as fatigue and decreased mental function, says Posen.

Regular exercise helps reduce stress and elevates people's moods.


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* You may be requested to work overtime on short notice. **Salary $24.00/hr**. You will be required to provide consecutive interpretation services for English and one of the following:

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Oshiwambo
Otjiherero
Somali
Swahili –Please specify **
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Twi
Other African Dialects **(Please specify)**

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Cantonese
Chong Qing
Fuqinese
Fuzhou
Hainan
Henan
Hunan
Mandarin
Putien
Qinzhu
Wenzhou
Other Chinese
Dialects **(Please specify)**

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**(Please specify)**

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Croatian
Czech
Dari
German
Greek-
**(Please specify ** Greece or Macedonia)**
Gujarati
Hatian Creole
Hebrew
Hindi
Ilongo
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Korean – **(Please Specify**) (North or South)**
Laotian
Malayalam
Nepali
Pasto- **(Please Specify** Afghanistan or Pakistan)**
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**(Please specify** Angola, Brazil, Portugal)**
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Putien
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** In subject line of resume please include your languages/dialects and country of origin where applicable.**
We thank all those who apply, only those selected for further consideration will be contacted. Please do not apply in person.

Canada

4 sports

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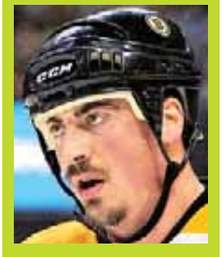

**"Tomas is one of the top puck-moving defencemen in the NHL and (a) power-play specialist."**

HURRICANES GM JIM RUTHERFORD, ON SIGNING VETERAN DEFENCEMAN TOMAS KABERLE, ABOVE, TO A THREE-YEAR CONTRACT.

SCOTT HEAVEY/GETTY IMAGES

▶ Nigeria's Precious Dede makes a save yesterday against Canada's Christina Julien in Dresden, Germany.

# Canadians shut out

**Third loss concludes disappointing World Cup performance for women's soccer team ◐ Canada has advanced past group stage just once in five tries**

| 1 | 0 |
|---|---|
| NIGERIA | CANADA |

A third loss and a power outage extended Canada's misery at the FIFA Women's World Cup.

Perpetua Nkwocha scored to give Nigeria a 1-0 victory over winless Canada yesterday in a game stopped by a 13-minute power outage.

Nkwocha scored in the 84th minute, just a minute after play resumed, pouncing on a deflection to launch a shot past Canadian 'keeper Karina LeBlanc.

"I thought we showed a lot more fight this game, but we still didn't get the bounces, unfortunately," said Canadian midfielder Diana Matheson.

The loss to 27th-ranked Nigeria was the final blow for a sixth-ranked Canadian team that came to Germany with huge hopes, boasting a CONCACAF title and its highest-ever ranking.

But a tough opening 2-1 loss to Germany, followed by a 4-0 blowout against France quickly marked Canada's official demise.

"I think at this point we all just need to take ourselves away from soccer ... physically refocus and kind of start to love the game again," said Canadian midfielder Kaylyn Kyle.

Canadian captain Christine Sinclair had several chances, her first coming in the 32nd minute when she snuck through Nigeria's back line and beat goalie Precious Dede before running out of room.

"Obviously, the results have been disappointing and not what we had hoped for and wanted and expected," said Sinclair. "But at the same time, as a women's football player and to look at this tournament, how well it's been put on, the fans, the awareness, it's been incredible to be a part of it.

"Obviously, I would have liked to be part of it a little longer, but it's a starting point for us and we can just improve." THE CANADIAN PRESS

# Late push falls short for Jays

| 3 | 2 |
|---|---|
| RED SOX | BLUE JAYS |

Darnell McDonald threw out Edwin Encarnacion at the plate on a single to short left field for the final out and the Boston Red Sox held on for a 3-2 win over the Toronto Blue Jays last night.

Jose Bautista hit a two-run homer with no outs in the ninth off Jonathan Papelbon. Then a single by Encarnacion and a walk to J.P. Arencibia put runners at first and second with two outs. John McDonald looped a single that Darnell McDonald charged and, on the run, fired the ball on the fly to Jason Varitek.

The catcher blocked the plate and tagged Encarnacion to end the game.

Papelbon earned his 18th save in 19 chances while Matt Albers (3-3) picked up the win.

Brett Cecil (1-4) went all the way for Toronto, giving up two runs in the second on an RBI double by Varitek and a run-scoring single by J.D. Drew, and one in the third on Dustin Pedroia's homer.

THE ASSOCIATED PRESS

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# MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| New York | 51 | 33 | .607 | — |
| Boston | 50 | 35 | .588 | 1½ |
| Tampa Bay | 47 | 38 | .553 | 4½ |
| Toronto | 42 | 45 | .483 | 10½ |
| Baltimore | 36 | 46 | .439 | 14 |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cleveland | 45 | 39 | .536 | — |
| Detroit | 45 | 41 | .523 | 1 |
| Chicago | 43 | 43 | .500 | 3 |
| Minnesota | 37 | 46 | .446 | 7½ |
| Kansas City | 34 | 51 | .400 | 11½ |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Los Angeles | 45 | 41 | .523 | — |
| Texas | 45 | 41 | .523 | — |
| Seattle | 42 | 43 | .494 | 2½ |
| Oakland | 38 | 48 | .442 | 7 |

**Last night's results**
Boston 3 Toronto 2
N.Y. Yankees 9 Cleveland 2
Baltimore at Texas
Kansas City at Chicago White Sox
Tampa Bay at Minnesota
Detroit at L.A. Angels
Seattle at Oakland
**Monday's results**
Toronto 9 Boston 7
L.A. Angels 5 Detroit 1
Minnesota 7 Tampa Bay 0
Texas 13 Baltimore 4
Seattle 2 Oakland 1
Cleveland 6 N.Y. Yankees 3
Chicago White Sox 5 Kansas City 4
**Today's games**
**All times Eastern**
Tampa Bay (W.Davis 7-6) at Minnesota (Liriano 5-7), 1:10 p.m.
Kansas City (Chen 4-2) at Chicago White Sox (E.Jackson 5-6), 2:10 p.m.
Detroit (Penny 5-6) at L.A. Angels (Chatwood 5-5), 3:35 p.m.
Seattle (Vargas 6-5) at Oakland (Moscoso 2-4), 3:35 p.m.
N.Y. Yankees (P.Hughes 0-1) at Cleveland (Masterson 6-6), 7:05 p.m.
Toronto (R.Romero 7-7) at Boston (Wakefield 4-3), 7:10 p.m.
Baltimore (Guthrie 3-10) at Texas (Ogando 8-3), 8:05 p.m.

## NATIONAL LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Philadelphia | 55 | 32 | .632 | — |
| Atlanta | 51 | 36 | .586 | 4 |
| New York | 43 | 42 | .506 | 11 |
| Washington | 44 | 43 | .506 | 11 |
| Florida | 38 | 48 | .442 | 16½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| St. Louis | 47 | 40 | .540 | — |
| Milwaukee | 45 | 41 | .523 | 1½ |
| Pittsburgh | 45 | 41 | .523 | 1½ |
| Cincinnati | 43 | 44 | .494 | 4 |
| Chicago | 35 | 52 | .402 | 12 |
| Houston | 29 | 58 | .333 | 18 |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| San Francisco | 48 | 38 | .558 | — |
| Arizona | 46 | 40 | .535 | 2 |
| Colorado | 41 | 45 | .477 | 7 |
| San Diego | 39 | 47 | .453 | 9 |
| Los Angeles | 37 | 49 | .430 | 11 |

**Last night's results**
St. Louis 8 Cincinnati 1
Philadelphia 14 Florida 2
Atlanta 5 Colorado 3
Washington 3 Chicago Cubs 2
Pittsburgh 5 Houston 1
Arizona at Milwaukee
N.Y. Mets at L.A. Dodgers
San Diego at San Francisco
**Monday's results**
Arizona 8 Milwaukee 6
N.Y. Mets 5 L.A. Dodgers 2
San Diego 5 San Francisco 3
Philadelphia 1 Florida 0
St. Louis 1 Cincinnati 0
Washington 5 Chicago Cubs 4 (10 inn.)
Atlanta 4 Colorado 1
Pittsburgh 5 Houston 3
**Today's games**
**All times Eastern**
Arizona (Collmenter 4-5) at Milwaukee (Gallardo 9-5), 2:10 p.m.
Chicago Cubs (R.Wells 1-3) at Washington (Gorzelanny 2-6), 7:05 p.m.
Houston (Norris 4-6) at Pittsburgh (Morton 7-4), 7:05 p.m.
Colorado (Cook 0-3) at Atlanta (Jurrjens 11-3), 7:10 p.m.
Philadelphia (K.Kendrick 4-4) at Florida (Ani.Sanchez 6-2), 7:10 p.m.
Cincinnati (Arroyo 7-7) at St. Louis (Westbrook 7-4), 8:15 p.m.
N.Y. Mets (Niese 7-7) at L.A. Dodgers (Kuroda 6-9), 10:10 p.m.
San Diego (Moseley 2-8) at San Francisco (Bumgarner 4-9), 10:15 p.m.

## NL LEADERS

| | G | AB | R | H | Avg. |
|---|---|---|---|---|---|
| JosReyes NYM | 80 | 350 | 65 | 124 | .354 |
| Pence Hou | 80 | 329 | 39 | 107 | .325 |
| Kemp LAD | 86 | 306 | 54 | 99 | .324 |
| Braun Mil | 83 | 306 | 57 | 98 | .320 |
| Helton Col | 74 | 254 | 36 | 81 | .319 |
| Votto Cin | 85 | 314 | 55 | 100 | .318 |
| Ethier LAD | 85 | 312 | 41 | 99 | .317 |
| McCann Atl | 75 | 275 | 32 | 87 | .316 |
| SCastro ChC | 84 | 358 | 46 | 110 | .307 |
| Headley SD | 83 | 284 | 32 | 87 | .306 |

**Runs**—JosReyes, NY, 65; RWeeks, Mil., 60; Bourn, Houston, 57; Braun, Milwaukee, 57.
**RBI**—Fielder, Mil., 69; Howard, Phi., 67; Kemp, LA, 64; Braun, Mil., 62; Berkman, StL, 61.
**Hits**—JosReyes, NY, 124; SCastro, Chi., 110.
**Last night's games not included**

## RED SOX 3, BLUE JAYS 2

| Toronto | ab | r | h | bi | Boston | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| RDavis cf | 3 | 0 | 0 | 0 | Ellsury cf | 4 | 0 | 0 | 0 |
| EThms ph-rf | 1 | 0 | 0 | 0 | Scutaro ss | 4 | 0 | 1 | 0 |
| CPttrsn lf | 3 | 1 | 1 | 0 | AdGnzl 1b | 3 | 0 | 1 | 0 |
| Bautist 3b | 4 | 1 | 2 | 2 | Pedroia 2b | 4 | 1 | 1 | 1 |
| Lind 1b | 4 | 0 | 0 | 0 | D.Ortiz dh | 3 | 1 | 1 | 0 |
| Encrnc dh | 4 | 0 | 1 | 0 | DMcDn lf | 4 | 0 | 1 | 0 |
| Snider rf-cf | 4 | 0 | 0 | 0 | Varitek c | 4 | 1 | 1 | 1 |
| Arencii c | 1 | 0 | 0 | 0 | J.Drew rf | 2 | 0 | 1 | 1 |
| JMcDnl ss | 4 | 0 | 2 | 0 | YNavrr 3b | 3 | 0 | 0 | 0 |
| McCoy 2b | 2 | 0 | 0 | 0 | | | | | |
| A.Hill ph-2b | 1 | 0 | 0 | 0 | | | | | |
| **Totals** | **31** | **2** | **6** | **2** | **Totals** | | **31** | **3** | **7** | **3** |
| **Toronto** | | | | | 000 | 000 | 002 | 2 | |
| **Boston** | | | | | 021 | 000 | 00x | 3 | |

LOB—Toronto 6, Boston 7. 2B—D.Ortiz (22), Varitek (7). HR—Bautista (28), Pedroia (8). CS—C.Patterson (7).

| | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| **Toronto** | | | | | | |
| Cecil L,1-4 | 8 | 7 | 3 | 3 | 2 | 6 |
| **Boston** | | | | | | |
| Lester | 4 | 0 | 0 | 0 | 1 | 5 |
| Albers W,3-3 | 2 | 1 | 0 | 0 | 2 | 2 |
| F.Morales H,2 | 1 | 0 | 0 | 0 | 0 | 0 |
| D.Bard H,18 | 1 | 1 | 0 | 0 | 0 | 1 |
| Papelbon S,18-19 | 1 | 4 | 2 | 2 | 1 | 1 |

HBP—by Cecil (Ad.Gonzalez).
T—2:38. A—37,745 (37,493).

## BLUE JAYS STATISTICS

| BATTERS | AB | R | H | HR | RBI | AVG |
|---|---|---|---|---|---|---|
| Bautista | 277 | 67 | 91 | 27 | 56 | .329 |
| Thames | 80 | 16 | 26 | 3 | 9 | .325 |
| Lind | 232 | 36 | 72 | 16 | 50 | .310 |
| Molina | 96 | 13 | 28 | 2 | 7 | .292 |
| Escobar | 298 | 44 | 86 | 9 | 29 | .289 |
| Patterson | 287 | 41 | 74 | 6 | 31 | .258 |
| Hill | 268 | 24 | 66 | 4 | 33 | .246 |
| Encarnacion | 225 | 23 | 55 | 6 | 19 | .244 |
| Davis | 241 | 31 | 57 | 1 | 18 | .237 |
| McCoy | 69 | 8 | 15 | 1 | 4 | .217 |
| Arencibia | 232 | 25 | 50 | 12 | 36 | .216 |
| Snider | 92 | 8 | 19 | 1 | 14 | .207 |
| McDonald | 126 | 15 | 26 | 2 | 14 | .206 |

| PITCHERS | W | L | SV | IP | SO | ERA |
|---|---|---|---|---|---|---|
| McCoy | 0 | 0 | 0 | 1.0 | 0 | 0.00 |
| Romero | 7 | 7 | 0 | 118.0 | 99 | 2.75 |
| Janssen | 2 | 0 | 1 | 27.2 | 25 | 2.93 |
| Rzepczynski | 2 | 2 | 0 | 34.2 | 28 | 3.12 |
| Villanueva | 5 | 1 | 0 | 72.1 | 47 | 3.24 |
| Frasor | 2 | 1 | 0 | 34.1 | 29 | 3.41 |
| Perez | 1 | 1 | 0 | 28.2 | 25 | 3.45 |
| Dotel | 2 | 1 | 1 | 23.1 | 27 | 3.86 |
| Camp | 1 | 1 | 0 | 36.0 | 18 | 4.00 |
| Rauch | 2 | 3 | 7 | 35.0 | 23 | 4.11 |
| Litsch | 4 | 3 | 0 | 46.1 | 36 | 4.66 |
| Morrow | 5 | 4 | 0 | 80.0 | 96 | 4.73 |
| Francisco | 1 | 4 | 10 | 24.1 | 29 | 4.81 |
| Reyes | 3 | 7 | 0 | 94.2 | 59 | 4.85 |
| Cecil | 1 | 3 | 0 | 27.1 | 21 | 7.24 |

**Last night's game not included**

## AL LEADERS

| | G | AB | R | H | Avg. |
|---|---|---|---|---|---|
| AdGonzalez Bos | 84 | 345 | 59 | 120 | .348 |
| **Bautista Tor** | **78** | **277** | **67** | **91** | **.329** |
| VMartinez Det | 71 | 259 | 37 | 85 | .328 |
| MiCabrera Det | 86 | 293 | 60 | 95 | .324 |
| Konerko CWS | 83 | 304 | 39 | 97 | .319 |
| MiYoung Tex | 84 | 337 | 38 | 107 | .318 |
| JhPeralta Det | 77 | 277 | 39 | 87 | .314 |
| Ellsbury Bos | 83 | 336 | 58 | 104 | .310 |
| Boesch Det | 80 | 298 | 57 | 92 | .309 |
| HKendrick LAA | 72 | 280 | 41 | 86 | .307 |

**Runs**—Granderson, NY, 74; **Bautista, Toronto, 67;** MiCabrera, Det., 60
**RBI**—AdGonzalez, Bos., 75; Teixeira, NY, 65; Beltre, Tex., 64; Konerko, Chi., 62; Granderson, NY, 59; Youkilis, Bos., 57; **Bautista, Toronto, 56.**
**Hits**—AdGonzalez, Bos., 120; MiYoung, Tex., 107.
**Last night's games not included**

# CFL

### EAST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Montreal | 1 | 1 | 0 | 0 | 30 | 26 | 2 |
| Winnipeg | 1 | 1 | 0 | 0 | 24 | 16 | 2 |
| Toronto | 1 | 1 | 0 | 0 | 23 | 21 | 2 |
| Hamilton | 1 | 0 | 1 | 0 | 16 | 24 | 0 |

### WEST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Edmonton | 1 | 1 | 0 | 0 | 42 | 28 | 2 |
| Saskatchewan | 1 | 0 | 1 | 0 | 28 | 42 | 0 |
| B.C. | 1 | 0 | 1 | 0 | 26 | 30 | 0 |
| Calgary | 1 | 0 | 1 | 0 | 21 | 23 | 0 |

**WEEK TWO**
**All times Eastern**
**Friday's games**
Toronto at Winnipeg, 7:30 p.m.
Calgary at B.C., 10:30 p.m.
**Saturday's games**
Montreal at Saskatchewan, 4 p.m.
Hamilton at Edmonton, 7 p.m.

# TENNIS

## ATP

### CAMPBELL'S HALL OF FAME CHAMPIONSHIPS
**At Newport, R.I.**
**Singles — First Round**
John Isner (1), United States, def. Karol Beck, Slovakia, 6-3, 6-2.
Jimmy Wang, Taiwan, def. Igor Kunitsyn (3), Russia, 4-6, 7-5, 6-2.
Matthew Ebden, Australia, def. Ryan Sweeting (4), United States, 6-4, 6-2.
Tommy Haas, Germany, def. Michael Berrer (7), Germany, 7-6 (11), 6-4.
Denis Kudla, United States, def. Ivo Karlovic, Croatia, 7-6 (4), 4-6, 6-4.
Tobias Kamke (8), Germany, def. Alex Bogdanovic, Britain, 7-6 (3), 6-3.
Edouard Roger-Vasselin, France, def. Richard Bloomfield, Britain, 6-4, 6-0.
Nicolas Mahut, France, def. Sebastian Decoud, Argentina, 6-1, 6-0.
Arnaud Clement, France, def. Ryan Harrison, United States, 6-4, 6-1.
Michael Yani, United States, def. Dudi Sela, Israel, 7-6 (5), 6-3.

## WTA

### COLLECTOR SWEDISH OPEN
**At Bastad, Sweden**
**Singles — First Round**
Caroline Wozniacki (1), Denmark, def. Alize Cornet, France, 6-4, 6-4.
Flavia Pennetta (2), Italy, def. Olivia Rogowska, Australia, 6-2, 7-5.
Vera Dushevina (5), Russia, def. Mona Barthel, Germany, 6-2, 7-6 (2).
Maria Jose Martinez Sanchez, Spain, def. Iveta Benesova (6), Czech Republic, 6-2, 6-0.
Polona Hercog (8), Slovenia, def. Anna Tatishvili, Georgia, 7-5, 6-3.
Sorana Cirstea, Romania, def. Mirjana Lucic, Croatia, 7-5, 2-6, 7-5.
Nuria Llagostera Vives, Spain, def. Alize Lim, France, 4-6, 6-2, 6-2.
Sofia Arvidsson, Sweden, def. Andrea Hlavackova, Czech Republic, 6-1, 5-7, 6-4.
Arantxa Parra Santonja, Spain, def. Tetyana Arefyeva, Ukraine, 7-5, 6-3.
Angelique Kerber, Germany, def. Anna Brazhnikova, Sweden, 6-2, 6-2.

### POLI-FARBE BUDAPEST GRAND PRIX
**Singles — First Round**
Lesia Tsurenko, Ukraine, def. Reka-Luca Jani, Hungary, 3-6, 7-6, 6-2.
Stefanie Voegele, Switzerland, def. Petra Martic, Croatia, 7-5, 7-5.
Zuzana Kucova, Slovakia, def. Mathilde Johansson (6), France, 7-6 (2), 7-5.
Eva Birnerova, Czech Republic, def. Lucie Hradecka (4), Czech Republic, 3-6, 6-4, 6-2.
Roberta Vinci (1), Italy, def. Lenka Jurikova, Slovakia, 6-1, 6-0.
Aleksandra Krunic, Serbia, def. Nina Bratchikova, Russia, 7-5, 1-0, retired.
Kateryna Bondarenko, Ukraine, def. Katalin Marosi, Hungary, 6-3, 6-4.
Timea Babos, Hungary, def. Anna Remondina, Italy, 6-3, 7-6 (4).
Estrella Cabeza Candela, Spain, def. Corinna Dentoni, Italy, 6-3, 6-1.
Sara Errani (2), Italy, def. Madalina Gojnea, Romania, 6-3, 6-1.

# SOCCER

## MLS

### EASTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Philadelphia | 17 | 7 | 4 | 6 | 21 | 16 | 27 |
| New York | 18 | 5 | 3 | 10 | 29 | 23 | 25 |
| Columbus | 17 | 6 | 5 | 6 | 20 | 19 | 24 |
| Kansas City | 16 | 5 | 6 | 5 | 21 | 22 | 20 |
| Houston | 18 | 4 | 6 | 8 | 21 | 22 | 20 |
| D.C. United | 16 | 4 | 5 | 7 | 23 | 29 | 19 |
| Chicago | 18 | 2 | 4 | 12 | 19 | 22 | 18 |
| Toronto | 19 | 3 | 7 | 9 | 17 | 29 | 18 |
| New England | 18 | 3 | 8 | 7 | 16 | 24 | 16 |

### WESTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Los Angeles | 20 | 9 | 2 | 9 | 25 | 15 | 36 |
| Dallas | 18 | 10 | 4 | 4 | 26 | 17 | 34 |
| Seattle | 20 | 8 | 4 | 8 | 25 | 18 | 32 |
| Real Salt Lake | 16 | 7 | 3 | 6 | 21 | 12 | 27 |
| Colorado | 18 | 5 | 5 | 8 | 19 | 21 | 23 |
| San Jose | 16 | 5 | 5 | 6 | 22 | 19 | 21 |
| Portland | 16 | 5 | 8 | 3 | 19 | 28 | 18 |
| Chivas USA | 17 | 4 | 7 | 6 | 21 | 22 | 18 |
| Vancouver | 18 | 2 | 8 | 8 | 18 | 25 | 14 |

**Note:** Three points for a win, one for a tie.
**Monday's results**
New England 3 Real Salt Lake 3
Seattle 0 Los Angeles 0
**Tonight's games**
**All times Eastern**
Toronto at New York, 8 p.m.
Colorado at Kansas City, 8:30 p.m.
Columbus at Vancouver, 10 p.m.
San Jose at Chivas USA, 10:30 p.m.

## FIFA WORLD CUP

### MEN'S UNDER-17
**QUARTER-FINALS**
**Monday's results**
**At Morelia, Mexico**
Germany 3 England 2
**At Pachuca, Mexico**
Mexico 2 France 1
**SEMI-FINALS**
**Tomorrow's games**
**All times Eastern**
**At Guadalajara, Mexico**
Uruguay vs. Brazil, 4 p.m.
**At Torreon, Mexico**
Germany vs. Mexico, 7 p.m.

### WOMEN
**FIRST ROUND**
**Yesterday's results**
**At Dresden, Germany**
Nigeria 1 **Canada 0**
**At Moenchengladbach, Germany**
Germany 4, France 2
**At Augsburg, Germany**
England 2 Japan 0
**At Sinsheim, Germany**
New Zealand 2 Mexico 2
**Today's games**
**All times Eastern**
**At Wolfsburg, Germany**
Sweden vs. United States, 2:45 p.m.
**At Bochum, Germany**
North Korea vs. Colombia, 2:45 p.m.
**At Frankfurt**
Equatorial Guinea vs. Brazil, Noon
**At Leverkusen, Germany**
Australia vs. Norway, Noon

# CYCLING

## TOUR DE FRANCE
**At Mur-de-Bretagne, France**
**Fourth Stage**
(107.2-mile from Lorient to Mur-de-Bretagne)
1. Cadel Evans, Australia, BMC, 4 hours, 11 minutes, 39 seconds.
2. Alberto Contador, Spain, Saxo Bank Sungard, same time.
3. Alexandre Vinokourov, Kaz., Astana, s.t.
**19. Ryder Hesjedal, Canada, Garmin-Cervelo, same time.**
**Overall Standings**
(After four stages)
1. Thor Hushovd, Norway, Garmin-Cervelo, 13 hours, 58 minutes, 25 seconds.
2. Cadel Evans, Austrl., BMC, 1 second behind.
3. Frank Schleck, Lux., Leopard-Trek, :04.
**34. Ryder Hesjedal, Victoria, Garmin-Cervelo, 1:22 behind.**

# TRANSACTIONS

## FOOTBALL

### CFL
WINNIPEG BLUE BOMBERS—Signed WR Alex Watson.

## HOCKEY

### NHL
BOSTON BRUINS—Acquired D Joe Corvo from Carolina for a 2012 fourth-round draft pick.
CAROLINA HURRICANES—Signed D Tomas Kaberle to a three-year contract.
COLUMBUS BLUE JACKETS—Agreed to terms with D Marc Methot on a four-year contract. Signed D Aaron Johnson to a one-year contract.
MINNESOTA WILD—Signed F Darroll Powe to a three-year contract and C Jeff Taffe to a one-year contract. Named John Torchetti coach of Houston (AHL).
MONTREAL CANADIENS—Signed G Peter Delmas to a three-year contract.
NASHVILLE PREDATORS—Signed F Kyle Wilson to a two-year contract and Zack Stortini to a one-year contract.
N.Y. ISLANDERS—Agreed to terms with C Trevor Frischmon on a one-year contract.
OTTAWA SENATORS—Signed F Zenon Konopka to a one-year contract.
PHOENIX COYOTES—Signed D Keith Yandle to a five-year contract extension.
ST. LOUIS BLUES—Signed G Ben Bishop and F Scott Nichol to one-year contracts.
TAMPA BAY LIGHTNING—Signed C Trevor Smith to a one-year contract.
TORONTO MAPLE LEAFS—Re-signed LW Clarke MacArthur to a two-year contract extension.
VANCOUVER CANUCKS—Signed C Andrew Ebbett.
WINNIPEG JETS—Agreed to terms with LW Andrew Ladd.

## SOCCER

### MLS
KANSAS CITY—Acquired the rights to F Soony Saad.

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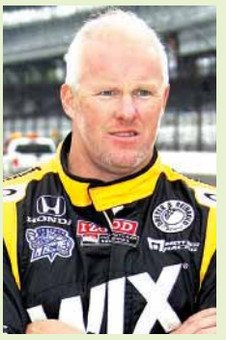
# HONDA INDY

For more on the Honda Indy, go to page 42

▶ Canadian race car driver Paul Tracy spins around the track. Catch him this weekend at Honda Indy Toronto. For tickets, go to hondaindytoronto.com.



## 'Just a habit'

For some athletes, it's no pre-game sex or relying on equipment. For Paul Tracy, it's getting in on the left side of his car.

"That's strictly because in one of my first races in an Indy car, I got in from the right side and I'd crashed and broke my leg," he recalled. "I decided to get in from the left for a couple of years and now it's just a habit."

# Prep for a race with Tracy

ASTRID VAN DEN BROEK
FOR METRO

Veteran race car driver Paul Tracy generally feels pretty comfortable before a race.

"I've been doing it for a long time and it all just kind of happens," says the 41-year-old Scarborough, Ont. native, who is racing in this weekend's Honda Indy Toronto. The Indy runs from July 8-10.

So how does Tracy prepare for a race?

### On race day

"Pre-race, you typically have a final practise in the morning and then a driver's meeting after that. I usually do a sponsor meet and greet and autographs. Then I sit down in the race truck and get my equipment ready — like my helmet and ear plugs —and talk strategy with my engineer. I eat something about an hour before the driver introductions happen."

### What he eats pre-race

"Mostly pasta with nothing on it, maybe just some olive oil. Maybe a chicken breast. Nothing heavy to digest. If I'm out of the country, I bring oatmeal and some protein powder to the track to mix with some boiled water. It's easy to digest and it has a lot of carbs."

### His fitness routine

"I've been training twice a day here in Phoenix. This morning I hiked for 1.5 hours. It's hot here so I got up at 5 a.m. and was out the door by 5:45 a.m. Yesterday I did a 30-mile bike ride. Then usually in the afternoons I go to the gym and jog on the treadmill or bicycle, do some weights, core and neck strengthening exercises."

# Getting the goods from racers

## Drivers talk to Metro about their superstitions on the track

### Helio Castroneves

**Do you have any superstitions when it comes to racing?**
"I am not superstitious. I do have a little pre-race ritual which involves having time by myself for about 10 to 15 minutes to go over a mental checklist that prepares me for the race."

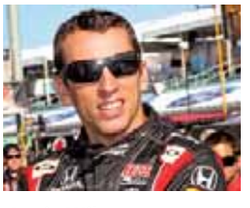
### Ryan Briscoe

**Do you have any superstitions when it comes to racing?**
"I really don't have any superstitions when it comes to racing and my pre-race ritual is really nothing more than being sure that I have eaten optimally and I like to have a little time to myself to do a little stretching, warming up and mentally preparing for the race."

**What do you drive when you're not racing?**
"I like to spend time on the lake with my wife Nicole so you can often find me driving my boat when I'm not racing. But I also have a smart car and I like to drive that around Charlotte (NC) when I'm running around."

### Will Power

**Do you have any superstitions when it comes to racing?**
"I really don't get much into being superstitious, but there are a few things I do on race weekends. I don't shave on race day, I get into the car from the same side all weekend long and I like to have a banana and honey sandwich before the race."



### Justin Wilson

**Do you have any superstitions when it comes to racing?**
The only thing I have or do is get in the race car from the left side every time. I think that's more of a comfort and routine than anything else.

**What do you drive when you're not racing?**
"Honda Ridgeline. Love it especially with the wheels from Motegi Wheels."

# Training key for drivers

YLVA VAN BUUREN
FOR METRO

Roaring around a race track in a high-powered car, dressed in a full fire suit and helmet and hitting speeds of up to 200 miles (320 kilometres) per hour is exhilarating — and stressful on the body.

But increasingly drivers are training to improve their physical and mental fitness — and rightly so, says Jim Leo, president and owner of PitFit Training Inc., Indianapolis, Ind.

Leo works with many race car drivers including Indy car driver James Hinchcliffe, who is an Oakville, Ont., native and who will be racing at this weekend's Honda Indy Toronto.

Being fit helps the body deal with all the stresses of race day including major G-forces (the stress on the body caused by acceleration), toasty heat in the car, stress on all muscles and an adrenalin-charged heart rate.

Plus, studies show a physically fit athlete is going to recover faster from injury compared to a non athletic person — and race car driving is a high-risk sport for injury.

## Fit for the Pit

**Here are some of the ways PitFit Training helps drivers and team members to be their physical and mental best.**

- Aerobic exercise, such as cycling, running and swimming, helps build endurance and a strong heart During a race, heart rates go as high as between 150 and 180 beats per minute.
- Strength training exercises are done with weights, kettle bells and swinging sledge hammers. There's a focus on keeping neck muscles strong so you can see properly.
- Vision reaction training targets peripheral vision and cognitive skills.
- Heat training is important to acclimatize to the heat in the car. Clients are sent to hot yoga classes.
- Drivers have special drink systems in their cars where they drink liquids from a tube to keep hydrated.

## Metro asks: What have you learned from racing that translates into safety tips for regular driving?

**Charlie Kimball:** "The biggest thing is to be looking a lot further ahead than you would expect. When you see things happening early, you have more time to react appropriately!"

**Ryan Hunter-Reay:** "More than anything, probably just an awareness of what is going on around you. You have to pay attention to what you're doing, but you also need to assume the people around you are going to do the unexpected and be ready for anything."

**Oriol Servia:** "If you drive and pay attention to the other drivers as if they want to crash (into) you, you will probably avoid most accidents. Really."

**James Hinchcliffe:** "Always pay attention! At racing speeds things happen so fast that losing your concentration for a fraction of a second has devastating effects. The same is true at the speed you go on the road."

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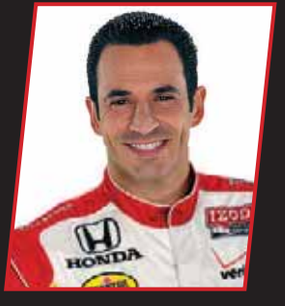
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*Limited time lease offers on a new 2012 Honda Civic LX Sedan with Manual Transmission (Model FB2E4CEX) // 2011 Honda Accord SE Sedan (Model CP2E6BE) available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2012 Honda Civic Sedan LX with Manual Transmission (Model FB2E4CEX) // 2011 Honda Accord SE Sedan (Model CP2E6BE) on a 48 // 48 month term at 3.99% // 0.9% lease APR, the monthly payment is $250 // $333 (includes $1,395 // $1,550 freight and PDI, EHF fibres ($1), A/C tax ($100), and OMVIC fee ($5)) with $0 // $0 down payment or equivalent trade-in, $0 // $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $12,000 // $15,992. 96,000-kilometre allowance; charge of $0.12/km for excess kilometres. License, insurance, registration, PPSA, and other taxes (including HST and tax for fuel conservation, if applicable) are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles are for illustration purposes only. Offers subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. †All visitors 12 years of age and under are to be accompanied by an adult when entering and while on site.

5 drive

## Design

The brand new sheetmetal that has been sculpted for both Impreza sedan and wagon models does not extend to the Impreza-based (and rally-inspired) WRX/STI lineup, which were updated separately for the 2011 model year.

That being said, base Imprezas now feature the kind of bolder, broad-shouldered flared-fender styling that's similar to that of the WRX.

As well, the front and rear clip and sedan roofline are reminiscent of the larger Legacy.

## Trim levels

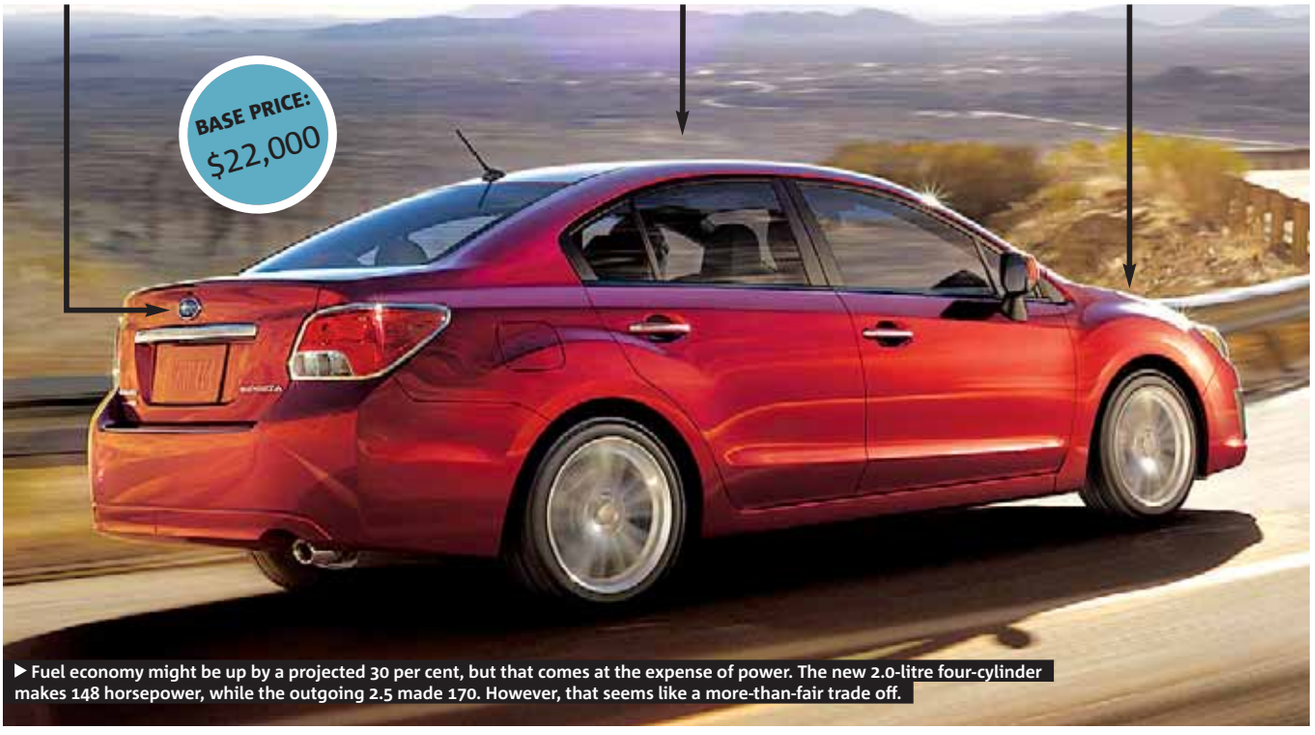
Subaru will likely introduce no fewer than four distinct trim levels and bulk up the base version with air conditioning, tilt/telescoping steering wheel, remote keyless entry plus the usual power-operated controls.

From there the sky's the limit, topping out with the Limited wagon model with leather seats, unique 17-inch alloy wheels and a premium audio package, to name just a few of the potential highlights.

## Engine

The Impreza's engine displaces 2.0 litres and generates 148 horsepower. Compare that with the previous model's 170-horsepower 2.5-litre four-cylinder. Despite the engine's obvious drop in power, Subaru claims that the 2.0 will still provide lively performance due to reduced vehicle weight.

The biggest improvement, though, is the anticipated 30-per-cent improvement in overall fuel economy, estimated to be 8.7 l/100 km in the city and 6.5 on the highway. This is competitive with the class leaders, despite the fact that the Impreza is all-wheel-drive.




▶ Fuel economy might be up by a projected 30 per cent, but that comes at the expense of power. The new 2.0-litre four-cylinder makes 148 horsepower, while the outgoing 2.5 made 170. However, that seems like a more-than-fair trade off.

# A gas sipper that's AWD

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

What? An all-wheel-drive vehicle that's easy on gas?

Quite right.

Subaru's least expensive model has been treated to a major makeover and will emerge this fall as a genuine fuel-sipping compact.

Through good economic times and bad, the Japan-based automaker's sales chart consistently points upward as more buyers become convinced that all-wheel-drive is the way to go. For Subaru, this method of propulsion is quite literally the only way to go since it's standard on every vehicle the company sells.

But there's no time for laurel-resting here.

Sure, the sales figures don't lie, but the fact is that while Subaru's Legacy sedan and its Outback and Forester wagons have been flying off the shelves, the Impreza's popularity has not been quite so dramatic.

The problems are two-fold: the car's underwhelming styling combined with a powerplant that burns through more gasoline than most compact car shoppers are prepared to accept.

All that is about to change once the 2012 Impreza hits the streets.

A new look, pump-passing fuel economy, plus the advantage of all-wheel-drive should give the Impreza a shot of newfound popularity.

▶ A classy cabin awaits Subaru shoppers, but you'll notice that there's not a lot of room behind the back seat. On the upside, the rear seat can be folded flat for sliding in larger boxes.

▶ A look at the Impreza's dash.

### By comparison

**Ford Focus**
Base price: $17,600
All-new sedan and hatchback bring Euro styling to North American buyers.

**Honda Civic**
Base price: $16,400
2012 coupe, sedan and hybrid models are now even more fuel-efficient.

**Toyota Corolla**
Base price: $17,000
Solidly built model also has a reputation for excellent resale value.

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### Subaru Impreza

**What you should know about the 2012 Subaru Impreza:**

- **Types:** Four-door, all-wheel-drive compact sedan and wagon.
- **Engine (hp):** 2.0-litre DOHC H4 (148).
- **Transmission:** Five-speed manual; continuously variable (opt.).
- **Market position:** Subaru resolutely stands alone in equipping its entire North American vehicle lineup with all-wheel-drive. It's a position that has helped the automaker maintain steady sales growth.
- **Mileage:** L/100 km (city/hwy) 8.7/6.5 (est., CVT).

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US models shown. Some options and accessories may vary or may not be available in Canada. *Limited time finance offer available through Volkswagen Finance, on approved credit, on select new vehicles. MSRP of $15,875/$20,475/$27,875 for a new and unregistered 2011 Jetta 2.0L / 2011 Golf 3-door 2.5L / 2011 Tiguan 2.0T base model with 5-speed / 5-speed / 6-speed manual transmission. Price excludes $1,365/$1,365/$1,580 freight and PDI, $29 EHF (tires), $100 air conditioning levy, if applicable, $5 OMVIC fee, $46 PPSA, and up to $499 dealer administrative fee. Financed at 0% APR for 36 months equals $478.89/$606.67/$818.20 per month. Monthly payment finance example includes freight and PDI (with base MSRP of $17,240/$21,840/$29,455) only. Government levies, OMVIC fee, dealer administration fee and PPSA fee may be financed (on approved credit) or may be paid at signing. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $17,819/$22,519/$30,134. License, insurance, registration, options, TFFC, if applicable, and other applicable taxes are extra. Dealer order/trade may be necessary. Offer excludes TDI Clean Diesel models. **Receive up to $500 towards Volkswagen Original Accessories, with the lease or purchase of any new 2011 Tiguan model. Certain conditions apply. No cash value. Excludes labour and tires. Offers end July 31, 2011 and are subject to change or cancellation without notice. †Up to $750 rebate for recent college or university graduates. Certain conditions apply. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "TDI", "TDI Clean Diesel", "Jetta", "Golf" and "Tiguan" are registered trademarks of Volkswagen AG. "Volksfest" and "Das Auto & Design" are trademarks of Volkswagen AG. © 2011 Volkswagen Canada.

# INDYCARS POWERED BY MASHED SUGARCANE

## AUTO PILOT

MIKE GOETZ
DRIVE
@METRONEWS.CA

**An IndyCar engine is a ferocious thing. It burns fuel at a voracious rate (about three mpg), belts out over 650 horsepower, and howls alarmingly, like a pack of coyotes high on Red Bull.**

HONDA

▶ Believe it or not, this IndyCar is being filled with "green" fuel.

So it always seems a bit strange to contemplate that the fuel used to create this explosive fury is actually a very close cousin to apple cider.

In 2007, the IndyCar Series became the first major motorsports series to use ethanol as its fuel of choice.

As you can imagine, the racing fraternity is under pressure from society to go green ... or at least "greener."

Automobile racing is never going to be a totally benign environmental activity, especially a major international race, where lots of people get on planes, trains and automobiles to get to said race. But these are strange times. Times when a household might have two huge, honking SUVs in the garage, but also a composter in the backyard, and a solar panel on the roof.

Racing needs to be doing something green, and IndyCar's ethanol strategy, which aims to raise ethanol's profile, and the collective IQ about all things ethanol, is certainly a good and worthy initiative.

"We want to demonstrate that you can run a high performance, high-speed racecar, under a fully-renewable alternative fuel source," was the message from IndyCar's senior technical director, Les MacTaggart, at last month's race in Iowa.

Initially the IndyCar Series used ethanol sourced from U.S. corn, and still does for the aptly named Iowa Corn Indy 250. But since the 2009 season the Series sources its ethanol for all other races from a Brazilian consortium, which makes the stuff from sugarcane.

In addition to its renewability, ethanol also burns somewhat cleaner than regular gasoline.

You've probably heard of E10 ethanol, which all regular cars can use (10 per cent ethanol and 90 per cent gasoline), and E85 ethanol, which flex-fuel vehicles can use (85 per cent ethanol, 15 per cent gasoline).

But the IndyCars use almost pure ethanol, called E98. The other two per cent is gasoline, and the only reason it's in there, is so some of you don't use the stuff to make ethanol martinis.

What a concept though — drinkable alcohol available at your local gas station, via a high-speed nozzle? I'm not saying we should we do it, just that it would be an amazingly efficient way of getting alcohol to the masses.

NASCAR has followed IndyCar's ethanol lead, although with less gusto. This year is NASCAR's first for ethanol, and only with an E15 blend. Apparently, the good old boys of NASCAR needed more convincing that their racecars and the racing in general wouldn't be hampered in any way by ethanol's participation.

And so far it hasn't... NASCAR, like IndyCar, has remained joyfully loud, fast, and rambunctious.

# Five things you may not know about the Honda Indy

We've all fantasized about driving 300 km/h down Lakeshore Blvd. Once a year the Honda Indy Toronto invites racers to do just that — with fans (and commuters) salivating in the stands.

Just don't mistake the Honda Indy for another car race. It's three days of motor racing in many forms — open-wheel Indy cars, Ferraris, NASCAR racers and familiar touring cars — as well as live entertainment, interactive displays and celebrity sightings.

Think of it as Lollapalooza for gearheads.

Celebrating its 25th year as one of North America's most respected motorsports events, the Honda Indy Toronto is an immersive experience every Torontonian should sample.

Here are five things you may not know about this three-day party.

TORSTAR NEWS SERVICES

Honda Indy TORONTO

**1** It's free on Friday.
Thanks to the Ontario Honda Dealers Association, Exhibition Place is admission-free on Friday, allowing spectators to enjoy every vantage point on the track as racers complete their practice runs. The paddocks will be open for great behind-the-scenes access to the cars and the teams, too.

**2** It's a festival of Ferraris.
For the first time, Honda Indy Toronto is hosting the Ferrari Challenge, giving enthusiasts the opportunity to watch Ferraris in their natural environment: the race track. Ferrari owners — including Robert Herjavec of CBC's Dragon's Den — will be doing the driving, and possibly rubbing fenders. D'oh!

**3** It's more than just racecars.
Rather than being glued to a chair, spectators can walk around the site to take in the interactive displays, live music and people-watching. "You don't have to be into motorsports to have a good time," assures Charlie Johnstone, Honda Indy Toronto VP and general manager.

**4** It's welcome track improvements.
Since the inaugural race in 1986, the Honda Indy Toronto has benefited from renovations to enhance the spectator experience, including $1.5 million in track improvements this year alone — upgrades that will allow the track to be knocked down quicker after the final race.

**5** It's better when you come prepared.
Hot, sticky weather is virtually guaranteed, so come prepared. Bring an empty water bottle you can refill often (and free) on site. A hat and sunscreen are de rigueur. You can duck inside the air-conditioned Direct Energy Centre for a reprieve from the heat.

MARK TOLJAGIC/FOR METRO

# Inside the life of a pit-crew member

MARK TOLJAGIC
DRIVE@METRONEWS.CA

It's a finely choreographed ballet that wouldn't look out of place in the Bolshoi Theatre — if you overlook the pneumatic tools and crash helmets.

Working on a racing team's pit crew is a stressful yet exhilarating experience. Just ask Fleur Govaerts, a professor in the General Motors ASEP auto technician program at Centennial College and former pit-crew member at Mosport.

"You start with a desire and willingness to put in many hours as a volunteer," she says, explaining that pit crew mechanics are made rather than born into it.

Govaerts worked on open-wheel racecars at the Bridgestone Racing Academy. Months of fabricating and tuning racecars culminated in an all-too-short racing season, where the pit crew looks after the care and feeding of their car trackside.

In the IZOD IndyCar Series, which includes the Honda Indy Toronto, six mechanics are permitted to service each racecar, adding ethanol fuel and fitting it with fresh tires in a scheduled pit stop that typically lasts 10 to 14 seconds.

At the recent Indy 500 Pit Stop Challenge, Team Penske dominated the competition by changing four tires and simulating a fuel stop in 7.568 seconds.

It helps that Indy racecars have built-in pneumatic jacks and each wheel is secured with one centre lug nut.

Unscheduled pit stops are more serious. Team members are expected to diagnose mechanical faults quickly, since they've built the car from the ground up. While each member knows the car intimately, there's usually assigned engine, transmission and brakes specialists.

"Racecars are actually simpler that your average street car," Govaerts points out. "There's no air conditioning, power accessories or complicated computers."

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# Improving society improves road safety

## ‘Social capital’ is connected to traffic incidents, says associate professor

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Living in a tight-knit community has several advantages, but here’s one you may not have considered: you’re less likely to be killed in a car crash.

It’s a benefit of “social capital,” according to Matthew Nagler, associate professor of economics at the City College of New York, who says that public policies that strengthen communities could reduce traffic deaths.

“Social capital describes the strength of connections that people have with each other in a community,” Dr. Nagler says. “It’s connected with a number of important outcomes, such as health, lower rates of teen pregnancies, drugs and alcohol, and economic prosperity. It’s like (monetary) capital but with people invested in the community.”

The idea started in 2000 with an article in a French newspaper.

“The piece said that we in France are just disastrous, people have no tolerance, we cut each other off, we’re rude to each other and we have a lot of fatalities, but people are more courteous in Scandinavia and have a lower rate of fatalities,” Dr. Nagler says.

**The finger**

- The research included “the finger” — drivers making rude gestures to each other. In places where people “give the finger” more frequently, there are higher rates of traffic fatalities.

While the article was simply an opinion piece, it caught the eye of John Helliwell, a professor at the University of British Columbia, who did a short study and found fewer traffic fatalities in countries where survey respondents said other people could be trusted.

Dr. Nagler took this study to the next step.

He used over 10 years of data from 48 U.S. states, accounting for variables such as alcohol consumption and driver age.

He found that, in states and in years with higher levels of social capital, there are lower rates of traffic incidents.

“It largely has to do with courtesy and the way people behave when they feel they can trust other people on the road,” Dr. Nagler says.

JIL MCINTOSH/FOR METRO

▶ Dr. Matthew Nagler

“If drivers feel that they relate more to other people, they’ll yield at intersections, they’ll wave, they’ll be more polite, and that translates into greater safety. If you don’t trust other drivers, you’re more likely to cut them off, speed up and try to get to an intersection first, and you’ll see higher rates of accidents.

“I’m able to conclusively argue that it’s not just a correlation, but it really is the degree of social capital that is responsible for the safety outcomes.”

Dr. Nagler says that since traffic fatalities are one of the leading causes of death in developed countries, people should think about voting for beneficial social policies.

“If people are better educated, they tend to form stronger communities. It’s a strong argument for education policies: spend that money to save lives on the road,” he says.

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# In search of safety? Look no further

## XC90 3.2 should prove cheapest to run as a used SUV buy

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

**What's the 4-1-1**

- **Model:** 2003 to 2010 Volvo XC90
- **Vehicle type:** SUV

TORSTAR NEWS SERVICE

▶ 2009 Volvo XC90 V8 R-Design

The XC90 was Volvo's shot at machines like the Mercedes ML, Audi Q7 and Acura MDX. A premium four-wheel drive SUV, it boasted uniquely rugged styling, available V8 power, and a long-lived reputation for safety and occupant protection.

At launch in 2003, two turbocharged engines were available — namely a 2.5-litre turbo five-cylinder engine with 208 horsepower, or a 2.9-litre turbocharged straight six with 268. Look for a five-speed automatic and AWD with both engines.

A 3.2-litre straight-six with 235 horsepower was also available in later years, fitted with a six-speed automatic, and a 4.4-litre, 311-horsepower V8 engine was added to the lineup later in the XC90's life.

Look for the XC90 in five or seven-seat configurations, and with features like heated leather, premium audio, a sunroof, self-dimming rearview mirror, keyless engine start, heated mirrors, bi-xenon lights and plenty more.

**What Owners Like**

XC90 owners typically rave about sport-sedan road manners, smooth and refined performance, and a safe and stable road feel with plenty of traction in virtually any condition.

Performance with the V8 engine is also highly rated.

**Common Issues**

Start your XC90 test drive with an inspection of the interior, ensuring all electronics work as expected, and that no trim pieces are missing or broken. Check for proper operation from the stereo and climate control system.

A full check-over by a Volvo-trained mechanic is also advised. Have said mechanic check for excessive tire and brake wear, the condition of the suspension system, and for any fluid leaks from the engine, transmission, transfer case or differentials.

Note that well-documented transmission failure issues with the T6-powered models should be considered when shopping for a used XC90. Where possible, avoid a used XC90 with the T6 engine.

Higher-mileage turbocharged XC90s should be checked for turbocharger condition by a mechanic or mechanically-inclined friend. A turbocharger replacement will run into the thousands of dollars, so avoid any XC90 that smokes at startup or under hard acceleration, and be sure to check inside the "charge pipe" coming out of the turbocharger for pooling oil. Where maintenance is concerned, the XC90's naturally-aspirated 3.2-litre engine will likely be the cheapest to run.

**The Verdict**

Comfort, styling, capability and safety will be the most compelling reasons to check out an XC90 as a used buy. Major issues are well documented, and shoppers avoiding the T6-powered model can likely expect a relatively affordable used premium SUV ownership experience.

*Check out Justin's video car reviews online at youtube.com/mr2pritch.*

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# Test your fuel knowledge

## Take this quiz to discover some useful tips to prolong the life of your engine and save you a few dollars at the pump

NEWS CANADA

**True or false?**

**1. All gasolines are the same.**

**2. Regular engine maintenance can help save you money on fuel.**

**3. Octane levels in fuel don't make a difference.**

**4. Tire pressure can affect the fuel-efficiency of your vehicle.**

**5. The faster you drive, the faster you burn fuel.**

▶ It's a wise idea to follow the service recommendations for your vehicle.

Answers:

1. False. "Gasoline choice plays a vital role in the cleanliness and performance of an engine," confirms Ken Mitchell, an engineer from Shell Canada.

"If you've been using a lower-quality gasoline, there may be build-up of "engine gunk," which can negatively affect engine performance.

Protecting your engine from gunk is as simple as using a high-quality gasoline, like all three grades of Shell Nitrogen Enriched Gasoline."

2. True. Regular servicing and following the service recommendations for your vehicle, such as changing the air filter, spark plugs, engine oil and other fluids ensure optimum performance and fuel efficiency.

A poorly maintained vehicle can boost fuel consumption by up to 15 per cent and increases emissions by even more.

3. False. When a lower octane fuel is used in an engine designed for higher octane, engine knocking may occur, causing the car to shudder and lose performance. Using the right octane for your engine ensures maximum fuel economy and fewer emissions.

**40%**

**Did you know that a well-maintained vehicle can improve fuel efficiency by up to 40 per cent?**

4. True. Operating a vehicle with just one tire under-inflated by 8 psi (56 kPa) can increase vehicle fuel consumption by 4 per cent.

5. True. The faster you drive, the more wind resistance you'll encounter and the more fuel your vehicle will consume to maintain speed. Reducing your speed to 90 km/h from 110 km/h saves up to 20 per cent of your fuel.

**NEWS CANADA**

## Top Gear

ALL PHOTOS COURTESY OF WHEELBASE

**1** It's not just the fancy new luxury cars that have strings of LEDs around the headlight housings. Thanks to Putco, you can buy LED Dayliners, which are application-specific and not generic. Pictured here is the new LED Dayliner for the 2009 and up Ford F-150. Here, a bright string of LED lights is embedded into a chromed-aluminum frame that sticks to the stock light housing with 3M-tape backing. putco.com.

**2** When it comes to cleaning your wheels, should you use a specific product for your wheel type, or an all-purpose cleaner? With Eagle One, the choice is yours. The company (part of Ashland Oil, the makers of Valvoline) produces a range of spray applicators for different types of wheels. eagleone.com. **WHEELBASE**


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|---|---|---|
| Current Mortgage (5%) | 300,000 | 1,745 |
| Loan and Credit Cards | 35,000 | 1,050 |
| Penalty to Break Mortgage | 5,000 | -- -- |
| Total Debt | 340,000 | 2,795 |
| New Situation | | |
| New Mortgage (2.10%) | 340,000 | 1,456 |

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- WE CLEAN HOUSES AND BUSINESS.
- I DO NOT HAVE MARGIN OF ERROR.
- 33 YEARS OF EXPERIENCE.
- I AM RIGHT WHERE OTHERS FAIL.
- "ANY PROBLEM HAS SOLUTION"
- "ANY ILLNESS HAS HEALING"

Shaman

After much suffering I met the love of my life and my business run successful again, the SHAMAN release the evil influence that my employee made against me, Thanks SHAMAN now I am the person that I was before. *PIERRE*

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| | | |
|---|---|---|
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| | | |
|---|---|---|
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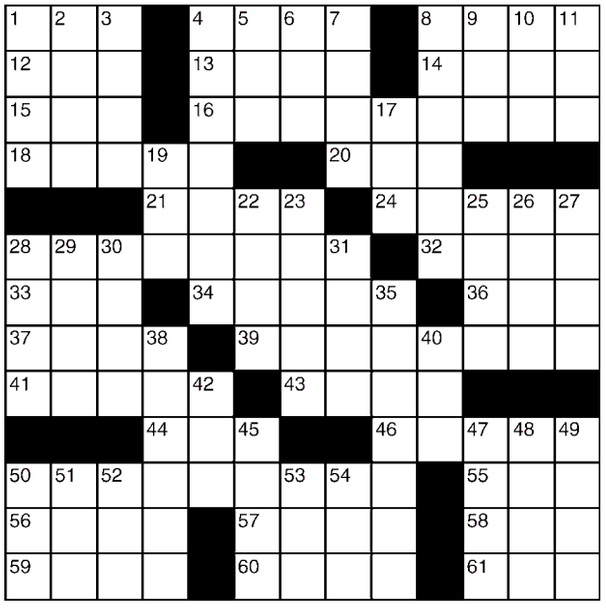
## Crossword



**Across**

1 Go up and down
4 Gulf War missile
8 Mop the decks
12 Beerlike brew
13 Architect Saarinen
14 "Yo- — and a ..."
15 Shelter
16 Sinatra classic
18 Decorator's theme
20 "A mouse!"
21 Castle protection
24 Mediterranean sailing ship
28 One's hands and knees
32 Limping
33 Conk out
34 Loses moisture
36 Auction offer
37 Colorless
39 Sane
41 "— alive!"
43 Zhivago's love
44 Dandy
46 Standard
50 "Get on the train!"
55 Crafty
56 Rind
57 Queue
58 Id counterpart
59 List-ending abbr.
60 Exam format
61 Novelist Brown

**Down**

1 Soothing ointment
2 Margarine
3 Borscht veggie
4 Red Lobster specialty
5 Animation frame
6 Web address
7 Be too fond
8 Israeli money
9 "Holy mackerel!"
10 "Eureka!"
11 Lad
17 Whammy
19 Global currency org.
22 Emanation
23 Vibrato
25 Infant
26 Eastern potentate
27 Relinquish
28 Does arithmetic
29 Old Italian coin
30 Secrecy thwarter
31 Actress Ward
35 Fruit pastry
38 Happen to
40 Owns
42 Weep loudly
45 Ralph Lauren label
47 Secondhand
48 Bit of plankton
49 Rhone city
50 Mimic
51 Allow
52 Meadow
53 Melody
54 Genetic stuff

**▶ Yesterday's answer**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | F | A | ■ | W | A | L | T | ■ | S | O | P | | |
| B | A | L | I | ■ | A | G | E | E | ■ | T | I | L | | |
| C | O | U | R | T | R | O | O | M | ■ | A | L | A | | |
| ■ | ■ | ■ | W | I | N | G | ■ | P | A | T | S | Y | | |
| R | E | G | A | N | ■ | ■ | G | E | N | E | ■ | ■ | | |
| A | W | R | Y | ■ | M | I | N | S | T | R | E | L | | |
| S | E | E | ■ | D | O | N | A | T | ■ | O | R | E | | |
| P | R | E | C | I | N | C | T | ■ | D | O | G | E | | |
| ■ | ■ | N | I | N | A | ■ | ■ | A | R | M | O | R | | |
| S | C | R | A | G | ■ | L | A | D | Y | ■ | ■ | ■ | | |
| M | O | O | ■ | B | O | A | R | D | R | O | O | M | | |
| O | N | O | ■ | A | B | U | T | ■ | U | V | E | A | | |
| G | Y | M | ■ | T | I | D | Y | ■ | N | A | R | Y | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | | | | 8 | | 7 | 4 |
| | | 5 | | | 3 | 2 | | |
| | | | | | | | | 1 |
| 5 | 3 | | 7 | | | 9 | | |
| 9 | | | 1 | | 2 | | | 5 |
| | | 8 | | | 9 | | 1 | 6 |
| 4 | | | | | | | | |
| | | 9 | 6 | | | 5 | | |
| 7 | 1 | | 9 | | | | 4 | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

**Yesterday's answer ▶**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 | 2 | 5 | 9 | 1 | 6 | 3 | 8 |
| 6 | 5 | 1 | 2 | 8 | 3 | 9 | 7 | 4 |
| 3 | 8 | 9 | 7 | 6 | 4 | 5 | 2 | 1 |
| 5 | 9 | 4 | 1 | 7 | 2 | 8 | 6 | 3 |
| 1 | 2 | 6 | 9 | 3 | 8 | 7 | 4 | 5 |
| 7 | 3 | 8 | 6 | 4 | 5 | 2 | 1 | 9 |
| 8 | 1 | 5 | 3 | 2 | 7 | 4 | 9 | 6 |
| 9 | 4 | 7 | 8 | 1 | 6 | 3 | 5 | 2 |
| 2 | 6 | 3 | 4 | 5 | 9 | 1 | 8 | 7 |

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*SweetHon,*
*Remember u being in kitchen n i keep looking at u. why r u so beautiful. the way u talk, smile, look at me..everything bout u i miss. say hi to ma. take care of yourself4 me pl. u look good when smile..love u as there is no tomorrow. hon kiss n hugs4 u:))*
**KISSINGUNMISSINGU**

*Mr.Bummie,*
*I know that these past few days have been really tough for you. I hope that all will get better and that you will soon smile without stress. I love you dearly and I hope to see you soon, bummie. :)*
**MS. BUMMIE**

*Sneesh,*
*To you too sweetie..u r still awake 2:30? We will wish tomorrow...like there is no end. Many more to come.*
*xoxo* **HAPPY ANNIV**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** Others must be made to understand that you won't always be there to catch them when they fall.

**♉ Taurus April 21-May 21** If you say bad things about someone today, you will regret it tomorrow.

**♊ Gemini May 22-June 21** If you discover something about a friend that could be embarrassing, make sure you keep it to yourself.

**♋ Cancer June 22-July 22** Think before you act today — then think again to make sure you are not fooling yourself.

**♌ Leo July 23-Aug.23** Today, more than most days, you will have to lead from the front. As always, you will do it so well.

**♍ Virgo Aug. 24- Sept. 22** It may be easy to find fault with people. But today, give partners and colleagues the benefit of the doubt.

**♎ Libra Sept. 23-Oct. 23** You may think you have to be decisive, but even a Libra is entitled to a day off.

**♏ Scorpio Oct. 24-Nov. 22** What you think of as serious today won't seem remotely important tomorrow, so don't get worked up.

**♐ Sagittarius Nov. 23-Dec. 21** Make sure you get your finger on the pulse and move with the times.

**♑ Capricorn Dec. 22-Jan. 20** You may be feeling down but that's perfectly natural. The next 24 hours will bring some cheerful news.

**♒ Aquarius Jan. 21-Feb. 18** Let partners and loved ones know how much they mean. You're good with words and that'll be enough.

**♓ Pisces Feb. 19-March 20.** You don't give up easily so don't let someone talk you out of project too soon. **SALLY BROMPTON**

## Caption contest

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

CHRISTINE COTTER/ THE ASSOCIATED PRESS

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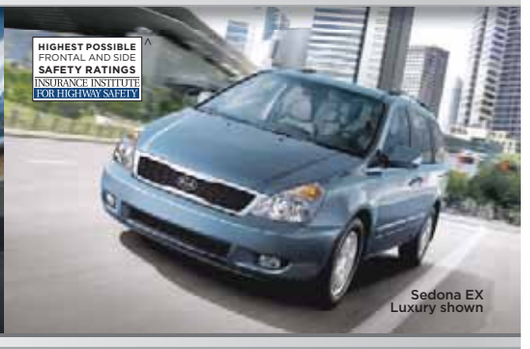
Soul 4u shown¤

TOP SAFETY PICK 2011^ INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Forte SX shown



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Sedona EX Luxury shown

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PLUS

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CITY: 7.7L/100KM (37 MPG)

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PLUS

CASH SAVINGS‡ & PAY UNTIL FALL♦

HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)

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Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by August 2, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. All offers exclude licensing, registration, insurance, PPSA, applicable taxes and variable dealer administration fees (up to $699). ¤Model shown includes optional accessories and may not appear exactly as shown. **0% purchase financing available on all 2011 models on approved credit (OAC). Term varies by model and trim. Financing example based on 2011 Kia Soul (SO550B) with a selling price of $17,679, financed at 0% APR for 60 months. Monthly payments equal $295 with a down payment/equivalent trade of $0. Cost of borrowing is $0, for a total obligation of $17,679. Delivery and destination fees ($1,650), other fees ($34), OMVIC fee, Environmental Fee and A/C tax (where applicable) are included. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Financing example excludes $500 loan credit. Retailer may sell for less. See dealer for full details. ♦"Don't Pay Until Fall" on select models (90-day payment deferral) applies to purchase financing offers on all models on approved credit (OAC) (2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ‡Loan credit (cash savings) for 2011 Forte Sedan (FO540B)/2011 Soul (SO550B) is $750/$500, and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. ⁴Cash purchase price for 2011 Kia Sportage (SP55AB)/2011 Sedona (SD751B) is $20,779/$21,779 and includes a cash credit of $3,000/$8,000 ($8,000 on Sedona includes: $6,500 trading dollars, $500 dealer participation and $1,000 competitive bonus), based on an MSRP of $23,779/$29,779. Delivery and destination fees of $1,650, other fees of $34, OMVIC fee, Environmental Fee and A/C tax ($100, where applicable) are included. License, insurance, applicable taxes, PPSA, dealer administration fees of up to $699, and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ˂Competitive bonus offer available on the purchase or lease of new 2011 Sedona models at a value of $1,000 (deducted before tax) for owners of select competitive vehicles with proof of ownership. See dealer or kia.ca for eligibility of competitive vehicles and full program details. Certain restrictions apply. Offer is transferrable within same household (must provide proof of address). Limit of one bonus per customer or household. Offer ends August 2, 2011. ^Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. ˆ 2011 Kia Sportage/2011 Kia Forte Sedan/2011 Kia Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sportage models manufactured after March 2010. 2011 Kia Sedona awarded the Highest Possible Frontal and Side Safety Ratings by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. △2011 Kia Sportage awarded Car of the Year by *Motoring 2011* for Best SUV/CUV (under $40,000) and overall Car of the Year. Visit www.motoringtv.com for full details. °The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the $500 Grad Rebate Program and $750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.